

## AZ Health: Improving Wellness Can Enhance Fertility

Written by Sarah Quinn

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April 21 to April 27 marks [Infertility Awareness Week](#) and offers a time for us to reflect on the fact that 7.3 million Americans are facing infertility. According to the American Society of Reproductive Medicine, approximately one-third of infertility is attributed to the female partner, one-third attributed to the male partner and one-third is caused by a combination of problems in both partners or is unexplained.

Fertility issues can be an unexpected hurdle that many men and women must overcome to conceive a child. Many people have no idea that having a child will be difficult for them until they struggle to become pregnant with their partner. While there are many medical options available for overcoming infertility, the simplest place to start is with personal health. Both men and women can suffer from health issues that impact their fertility and by improving wellness, many couples can increase their chance of conceiving naturally without invasive treatments.

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### Fertility Factors for Women

When a woman is ready to start planning a family, focusing on their health can improve their chances of conceiving and sustaining a healthy pregnancy. This starts by eating healthy and exercising as women who are height/weight proportionate with the right nutrients in their system can improve their chance of a healthy pregnancy. Women who are overweight may want to consider reducing their weight to help enhance fertility and reduce risks during pregnancy.

Hormonal imbalance can impact fertility in women. Some women may have high levels of androgens or other hormone imbalances that can affect ovulation and fertility. Women who are struggling to become pregnant should consider non-invasive hormone testing before more drastic treatments. Simply balancing hormones or changing medications may be all that is needed to increase the chance of becoming pregnant naturally.

### Male Fertility Wellness

Health is equally important for men to conceive a child. There are many wellness factors that impact sperm counts and fertility in men. Men who are overweight are more likely to struggle with fertility problems. Drug, alcohol and tobacco use can inhibit sperm production and impact sexual function. Men also can have hormonal imbalances that affect fertility. Maintain a healthy weight, eliminating harmful substances and achieving hormonal balance can improve health and fertility for men who desire to become a father.

Awareness of how wellness affects fertility can help those who are ready to become parents improve their chances. Sometimes the simplest

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solutions can be the most effective for men and women who are trying to conceive.

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