

What Kinds of Fertility Assistance Treatments Do We Offer?

Thanks to new technology, there are many ways to help people with different fertility issues. The options that are best for you depend on your personal situation. Sometimes only one person needs treatment, and other times both partners will use a combination of treatments together. Fertility treatments often include medications that help women's hormones and ovulation, sometimes combined with minor surgical procedures, to help an individual or a couple have a baby.

Fertility treatment begins with a semen analysis evaluation. Based on the results of both partners, the clinician will recommend the best treatment plan for you. One of the most common fertility treatments is intrauterine insemination (IUI), a procedure where healthy sperm is collected and inserted directly into the uterus during ovulation. For more information, visit: www.ppsouthtexas.org/fertilityassistance.

Talking with one of our clinicians who specializes in pregnancy and/or infertility can help you figure out which treatments are best for you. Planned Parenthood South Texas offers fertility medication and intrauterine insemination at all of our health centers. If we determine that in-vitro fertilization is the best option, we can help by referring you to a fertility provider specializing in IVF.



To find the nearest health center call
800-230-PLAN (7526)
www.ppsouthtexas.org

Why choose Planned Parenthood?

For more than 80 years, Planned Parenthood has been here for you. Our health centers in South Texas provide:

- Accessible & affordable quality care
- A confidential & nonjudgmental environment
- Easy-to-use online appointment scheduling
- Personalized care tailored to your needs
- Discounts based on family size & income
- Same day appointments
- Walk-in visits
- Convenient locations with extended hours
- An on-site pharmacy to save you time & money
- A secure Patient Portal to check your lab results & pay your bill

Planned Parenthood provides a full range of services and patient education including:

- Birth control options
- Emergency contraception
- Well-woman exams
- Pelvic exams
- Clinical breast exams
- "Stop Cervical Cancer": HPV vaccines, Pap screening, & follow-up
- Menopause care
- Referral for mammograms
- Pregnancy testing
- Gestational dating sonogram
- Pregnancy options
- Referral for adoption
- Referral for prenatal care
- Abortion care (License #130241, #140015, #140016)
- Male exams
- STD testing & treatment
- HIV testing
- PrEP: HIV Pre-Exposure Prophylaxis
- Gender-Affirming Hormone Therapy
- Testing & treatment for UTIs
- Fertility evaluation & treatment

**OUR SERVICES CONTINUE TO GROW.
CALL US TODAY! 800-230-PLAN (7526)**

   @ppsouthtexas

Planned Parenthood accepts cash/checks, insurance, Medicaid, Visa, Mastercard and Discover at all locations.

© Planned Parenthood South Texas
Rev. 02/20



A Guide to Fertility Assistance

Are you having trouble conceiving? We can help.

www.ppsouthtexas.org

Fertility assistance is the use of medical technology to achieve pregnancy through procedures such as fertility medication and intrauterine insemination.

Fertility assistance treatments can help when an individual or couple have trouble achieving pregnancy or staying pregnant. Obstacles with fertility can happen in both women and men and can have many causes.

Is Fertility Assistance Right for Me?

Some couples have a hard time getting or staying pregnant. A couple generally requires fertility assistance if they don't get pregnant after 1 year or more of trying, or if they have multiple miscarriages. There are treatments for many kinds of fertility problems, and many people go on to have a healthy pregnancy and a child. For same-sex partners, fertility assistance can help couples become parents regardless of their sexual orientation.

Millions of people -- more than 1 out of 10 couples -- experience fertility problems. It's not just a "woman's problem" or an issue with age. Many factors can lead to fertility problems, and it affects people of all sexes and ages. When a couple has trouble getting pregnant, either individual (or both) is equally likely to be the cause.



What Causes Fertility Problems?

There are many possible reasons for fertility problems. Seeing a provider that specializes in infertility can help you figure out the cause and determine the best treatments for you. Sometimes there's no known reason for fertility problems -- this is called unexplained infertility. Unexplained infertility can be frustrating, but there are treatment options still available to you.

Causes of Fertility Problems in Women

Some common reasons for fertility problems in women include:

- irregular ovulation
- blocked fallopian tubes, so sperm cannot reach the egg
- untreated chlamydia or gonorrhea
- the shape of the uterus makes it difficult for a fertilized egg to implant
- endometriosis
- uterine fibroids
- poor egg quality

Causes of Fertility Problems in Men

Some common reasons for fertility problems in men include:

- untreated chlamydia or gonorrhea
- low sperm count (not having enough sperm in the semen)
- poor sperm motility (when sperm doesn't swim well enough to reach an egg)
- sperm that aren't formed correctly
- semen that's too thick for sperm to easily move around in no sperm in the semen

Having too much or too little of the hormones that help the body create sperm can also lead to sperm-related problems that cause fertility obstacles.

Fertility problems can also be caused by a problem with ejaculation. If the tubes inside the penis or testicles are blocked, an individual may have a hard time ejaculating, or nothing comes out when they orgasm. Sometimes, ejaculation can send semen backward from the prostate into the bladder, instead of out of the penis.

If You're Trans and Using Hormones

Gender-affirming hormone treatments and surgeries can sometimes lead to fertility problems, but this is not always the case. If you want to get pregnant, speak with one of our clinicians about fertility options. If you don't want to get pregnant, consider finding the right birth control option for you.

What Might Increase My Risk of Fertility Problems?

There are certain health and lifestyle factors that can increase chances of having fertility problems. They include:

For Women:

- Age. More women are waiting until their 30s and 40s to have children. In fact, about 20% of women in the United States now have their first child after age 35. About one-third of couples in which the woman is older than 35 years have fertility problems. Aging not only decreases a woman's chances of having a baby, but also increases her chances of miscarriage and of having a child with a genetic abnormality.
- Aging decreases a woman's chances of having a baby in the following ways:
 - She has a smaller number of eggs left.
 - Her eggs are not as healthy.
 - She is more likely to have health conditions that can cause fertility problems.

- She is more likely to have a miscarriage.

- Smoking.
- Excessive alcohol use.
- Extreme weight gain or loss.
- Excessive physical or emotional stress that results in amenorrhea (absent periods).

For Men:

- Age. Although advanced age plays a much more important role in predicting female infertility, couples in which the male partner is 40 years old or older are more likely to report difficulty conceiving.
- Being overweight or obese.
- Smoking.
- Excessive alcohol use.
- Use of marijuana.
- Exposure to testosterone. This may occur when a doctor prescribes testosterone injections, implants, or topical gel for low testosterone, or when a man takes testosterone or similar medications illicitly for the purposes of increasing their muscle mass.
- Exposure to radiation.
- Frequent exposure of the testes to high temperatures, such as that which may occur in men confined to a wheelchair, or through frequent sauna or hot tub use.
- Exposure to certain medications such as flutamide, cyproterone, bicalutamide, spironolactone, ketoconazole, or cimetidine.
- Exposure to environmental toxins including exposure to pesticides, lead, cadmium, or mercury.

For more information visit:

<https://www.cdc.gov/reproductivehealth/infertility/index.htm>