

What a Fertility Assessment Involves

A fertility assessment is usually simple and may include:

- Medical history and consultation
- Hormonal tests
- Ultrasound assessment
- Semen analysis

The goal is understanding what is happening and not immediate treatment necessarily.

Many fertility challenges are treatable. Others can be managed with the right support and guidance. Knowing your situation allows you to make informed decisions.

Understanding your fertility is the first step toward change. Speak with our fertility team to get clarity, guidance, and support.



Call or WhatsApp to Book Your Consultation
Appointments Available by Scheduling

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   The Fertility Centrum

Understanding Fertility: Basics for Couples



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You Are Not Alone

Difficulty conceiving is more common than many people realise. Fertility challenges affect couples across all ages, backgrounds, and lifestyles. Seeking help is not a sign of failure, it is a responsible step toward understanding your options.



How Pregnancy Happens

For pregnancy to occur:

- A healthy egg must be released
- Sperm must reach and fertilise the egg
- The embryo must implant in the uterus

A challenge at any stage can make conception difficult.

Common Reasons Pregnancy May Not Happen

Female Factors May Include:

- Irregular or absent ovulation
- Blocked or damaged fallopian tubes
- Endometriosis or uterine conditions
- Age-related changes in egg quality

Male Factors May Include:

- Low sperm count
- Poor sperm movement or shape
- Hormonal or lifestyle factors

Combined or Unexplained Factors

In some cases, tests appear normal, yet pregnancy does not occur. This is called *unexplained infertility* and does not mean treatment will not work.

Fertility Facts

- Infertility affects both men and women
- Regular periods do not always mean ovulation is normal
- Stress alone does not cause infertility
- Seeking help early improves options and outcomes

When Should You Seek Fertility Care?

You should consider a fertility evaluation if:

- You have tried for 12 months without success
- You are over 35 and have tried for 6 months
- Periods are irregular or painful
- There has been more than one miscarriage
- You are planning pregnancy later in life