

## 英文

### Understanding Infertility

#### What is infertility?

Under the circumstances of not taking any contraceptive measure, if the wife does not show any sign of pregnancy after one year of marriage, there is a possibility of infertility. The chance of infertility for married couples is approximately 15%.

#### Ovulation period

The normal female menstrual cycle is 28 days, and the ovulation period roughly falls on the 14th days after the menstrual flow.

The day of ovulation, and three days before and after ovulation are known as the ovulation period. It is the period that most likely to conceive a baby.

Excluding the ovulation period, the reminding time is known as the safe period.

If you think of taking contraception measure during the safe period, the successful rate is not high due to periodic variability. We suggest you to take contraceptive measure through other methods (such as using condoms and birth control pills, etc.)

To enhance the chance of conceiving, you should master the female pregnancy period.

The sperms are able to survive up to 72 hours inside the female reproductive tract, but the egg can only live up to 24 hours.

Performing sexual intercourse within three days before ovulation and one day after ovulation is more likely to conceive a child.

## 中文對照說明

### 認識不孕症

#### 何謂不孕？

夫婦在婚後一年內，沒有任何避孕的情況下，妻子沒有懷孕，就可能是不孕。已婚夫婦發生不孕的機會約為 15%。

#### 排卵期

女性的月經週期正常為 28 天，排卵日期在月經來潮後的第 14 天左右。

排卵日及其前後 3 天稱為排卵期，是最容易受孕的期間。除了排卵期，其餘的時間為安全期。

若想使用安全期來避孕的話，因為周期的變化性，成功率並不算高，建議搭配其他的避孕方式(如：保險套、避孕藥...等)。要提升受孕機會，就要掌握女性的受孕期。

精子在女性的生殖道內可存活 72 小時，而卵子只可存活 24 小時。

在排卵前的 3 天內和排卵後的 1 天內發生的性行為較可能受精懷孕。

## Causes of female infertility

1. Among the infertile couples, about 60% of infertility causes come from women.
2. Problems in female ovaries, fallopian tubes, uterus, cervix and other aspects are factors that may cause infertility.
3. The female menstrual cycle and menstrual flow volume, production history, with or without a history of pelvic inflammatory disease.
4. The women's age, whether or not they are infected with sexually transmitted diseases, smoking, alcoholism, drug addition or chronic diseases, etc.
5. The women's working natures, chemical drugs and radiation, etc. are also factors needed to take into consideration.
6. Overweight or too skinny, long-term strenuous exercises, excessive weight loss, life stress, ovarian diseases, pituitary dysfunction, hyperprolactinemia, thyroid dysfunction and other problems may affect normal ovulation.
7. Fallopian tube congestion or adhesion is also one of the important reasons to cause infertility.
8. Uterine cavity adhesion, endometrial polyps, uterine fibroids, adenomyosis, uterine congenial malformation, etc.
9. Cervical infection, anti-sperm antibodies and cervical mucus dysfunction are also factors that may cause infertility.

## Causes of male infertility

1. Congenial chromosomal abnormalities and endocrine system abnormalities.
2. Testicular dysfunction, varicocele, sperm transportation dysfunction, etc.
3. Living habits, working environment, physical and mental illnesses and other factors, such as drugs, radiation and sexual transmitted diseases, etc.

## 女性不孕的原因

1. 在不孕症的夫婦中，約有 60% 的不孕原因來自女性。
2. 女性卵巢、輸卵管、子宮、子宮頸等各方面的問題，都可能造成不孕。
3. 女性月經週期及月經量、生產史、有無骨盆腔發炎的病史。
4. 女性的年紀、有無感染過性病、抽菸、酗酒、藥癮或是慢性疾病等。
5. 女性的工作性質，化學藥劑、放射線照射等因素都要考量。
6. 太胖或太瘦、長期劇烈的運動、過度減重、生活壓力、卵巢病變、腦下垂體功能異常、高泌乳激素血症、甲狀腺功能異常等問題影響正常的排卵。
7. 輸卵管的阻塞或沾粘，也是不孕症的重要原因之一。
8. 子宮內腔沾粘、子宮內膜息肉、子宮肌瘤、子宮肌腺瘤、子宮先天畸形等。
9. 子宮頸感染、抗精蟲抗體、子宮頸黏液功能不良，都可能造成不孕。

## 男性不孕的原因

1. 先天性染色體異常；內分泌系統異常；
2. 睪丸功能異常；精索靜脈曲張等；精蟲運輸功能異常；
3. 生活習慣、工作環境、身心疾病及其他因素，如：藥物、放射線、性病等。

## Conclusion

As infertility examination and treatment are relatively complicated, husbands and wives should participate together in the entire treatment process.

Husbands and wives should encourage each other to generate more loving feelings, only then will they have a better chance of giving birth to a lovely child.

## 結論

不孕的檢查和治療都相當繁瑣，夫婦雙方應該共同參與整個過程。夫婦要互相鼓勵，讓感情更加恩愛，才更有機會創造出愛的結晶。

