# Baby Worries?

How to tell if you have an infertility problem

August 31, 2015 By Kate Ferguson

Infertility arises when couples repeatedly try but cannot conceive a child. It can happen to men and women and can be caused by a variety of factors.

In general, you're defined as infertile if you've been trying to conceive a child for at least one year and are under age 35. If you're older than 35 and haven't been able to get pregnant after trying for at least six months, you might also have reason to be concerned about infertility.

But doctors also suggest that if you want to become pregnant and you're older than 30 and have a history of pelvic inflammatory disease, painful periods, miscarriages or irregular menstrual cycles, or your partner has a low sperm count, you should check with your doctor.

Often, couples don't want to admit they may have a problem conceiving. Additionally, when the problem goes unresolved, individuals may be tempted to blame their partner for the difficulties.

But the reality is that only a visit to the doctor and testing can uncover what might be causing infertility.

Experts suggest that partners accept that having a child will be difficult and remember that they're both on the same team.

In addition, rather than hiding their feelings, it's key for partners to talk candidly about the frustration and anger the infertility may be causing.

At this time, support from family and friends can also help soothe the stresses and strains a couple experiences. This is why it can be helpful to share the news with loved ones who are close to you. Experts suggest you may want to consider joining a support group.

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http://beta.docker.realhealthmag.com/article/infertility-problems-27711-9726