

Comprehensive Infertility Check List

Female and Male Factors

Body Mass Index (BMI) and Infertility

- Low body mass index
- High body mass index

Psychological Stress and Infertility

- Spouse/partner relationship
- Work environment or workload stress
- Financial stress
- Lack of stress-coping mechanisms
- Lack of community support

Lifestyle Factors and Infertility

- Lack of physical exercise
- Overtraining syndrome
- Smoking/vaping tobacco or marijuana
- Alcohol consumption
- Illicit drug use

Environmental Causes of Infertility

- Regular exposure to air pollution
- Regular exposure to exhaust fumes in traffic
- Regular use of plastic products
- Regular exposure to pesticides
- Poor indoor air quality
- Regular exposure to mold
- Exposure to heavy metals (mercury, lead, arsenic, etc.)
- Regular exposure to chemical-based cosmetics and personal care items

Medical Conditions that Increase Oxidative Stress

- Inflammatory bowel disease
- Chronic peptic ulcer
- Periodontitis
- Chronic bronchitis
- Asthma
- Chronic sinusitis
- Chronic viral condition

- Lyme disease
- Diabetes
- Multiple chemical sensitivities
- Multiple food sensitivities
- Intestinal permeability
- Other inflammatory condition

Underlying Autoimmunity

- Sperm antibodies
- Ovarian antibodies
- Phospholipid autoimmunity
- Lupus
- Hashimoto's
- Celiac disease
- Type 1 diabetes
- Rheumatoid arthritis
- Other autoimmune condition

Dietary Causes of Infertility

- Increased consumption of fried foods (oxidized fats)
- Increased consumption of foods high in arachidonic acid
- Increased consumption of foods high in glycation end products
- Increased consumption of partially hydrogenated fats
- Lack of essential fatty acids in the diet
- Lack of fiber in the diet
- Lack of superfoods (high anti-oxidants) in the diet

Dysglycemia Causes of Infertility

- Diabetes or pre-diabetes
- Insulin resistance
- Hypoglycemia

Female Factors

Female Pelvic Anatomical Factors

- Pelvic adhesions (fallopian tubes, ovaries, uterus, cervix)
- Malignancy and metastasis (fallopian tubes, ovaries, uterus, cervix)
- Benign tumors or cysts (fallopian tubes, ovaries, uterus, cervix)
- Thickened cervical mucus preventing sperm transport
- Cervical stenosis preventing sperm transport
- Submucosal leiomyoma (uterine fibroid)
- Endometrial polyps
- Endometritis (bacteria, chlamydia, or gonorrhea)
- Endometriosis (pelvic or ectopic)

Female Reproductive Cells, Tissues, and Fluid Factors

- Age impairment of ovarian egg quantity and quality
- Endocrine imbalances that impact ovarian egg physiology (thyroid, androgens, prolactin)
- Medications that impact ovarian egg quality and quantity (see end of document)
- Environmental factors that impact ovarian egg quality and quantity
- Smoking tobacco or marijuana impacting ovarian egg quality and quantity
- Illicit drug use impacting ovarian egg quality and quantity
- Aging impairment of healthy cervical mucus
- Medications impacting healthy cervical mucus (see end of document)
- Hormone imbalances impacting healthy cervical mucus (estrogen, androgens, prolactin)
- Vaginal infections impacting healthy cervical mucus
- Vaginal dysbiosis impacting healthy cervical mucus
- Chronic inflammatory disease impacting peritoneal fluid (GI inflammatory disease, autoimmunity, celiac disease, etc.)

Ovulation and Menstrual Cycle Factors

- Amenorrhea
- Primary ovarian insufficiency/early menopause
- Oligomenorrhea (infrequent periods)
- Menorrhagia (prolonged periods)
- Faulty ovulation – Impaired LH output
- Premenstrual Syndrome (PMS)
- Premenstrual Dysphoric Disorder (PMD)

Mechanisms of Infertility

Male Factors

Male Pelvic Anatomical Factors

- Erectile dysfunction
- Retrograde ejaculation
- Ejaculatory duct blockage
- Varicocele
- Hypospadias or penis birth defects

Male Sperm Health Factors

- Environmental factors impacting sperm health
- Iron overload impacting sperm health
- Smoking tobacco or marijuana impacting sperm health
- Illicit drug use impacting sperm health
- Medications impacting sperm health (see end of document)
- Prostatitis impacting sperm health
- Genital tract infection impacting sperm health
- Endocrine imbalances impacting sperm health (testosterone, thyroid, prolactin)
- Genetic disorders impacting sperm health

Male Andropause Factors

- Primary hypogonadism
- Secondary hypogonadism
- Sertoli Cell Dysfunction
- Aromatization pattern

Medications

Medications Impacting Fertility

- Medications impacting ovulation and menstrual cycle functions
- Medication impacting ovarian egg quality or quantity
- Medications impacting healthy cervical mucus
- Medications impacting sperm development