

Causes of Infertility

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Background: Infertility is found to be a major social and clinical problem, affecting 1 in 6 couples. Infertility should be diagnosed if a couple has tried natural, regular unprotected intercourse for twelve months without conceiving. Causes of infertility can be classified according to genders in which a male factor can be represented by sperm abnormalities while female factors may include anovulation, tubal pathology, in addition to combined female and male factors; furthermore, unexplained infertility would be the cause if all factors are normal after investigations.

Objective: To evaluate the most common causes of infertility from 2015-2016.

Design: A Retrospective Study.

Setting: Assisted Conception Clinic (ACC), Salmaniya Medical Complex, Bahrain.

Method: Four hundred forty-one Bahraini patients diagnosed with infertility between years of 2015-2016 were included in the study. The data were documented from patients' records using predesigned data collection forms.

Result: The mean duration of infertility was 5.02 years with a mean female age of 33.5 years. Secondary causes of infertility were found in 227 (51.5%) patients and primary causes in 214 (48.5%). Female causes were found in 252 (57%) and males causes in 77 (17.5%); causes in both male and female were found in 20 (4.5%). Unexplained causes found in 92 (20.8%). The major cause of females' infertility was anovulation, which includes Polycystic Ovarian Syndrome (PCOS), was found in 88 (20%), while Endometriosis was the least common cause, 8 (1.8%). Seventy-three (16.5%) had abnormal sperm analysis. One (0.2%) patient had abnormal Karyotyping.

Conclusion: The mean duration of infertility was 5.02 years with a mean female age of 33.5 years. Female causes were 252 (57%); anovulation was the main cause. Male causes were found in 77 (17.5%). Secondary causes of infertility were found in 227 patients (51.5%) and primary causes in 214 (48.5%).