

The Impact Te Lifestyle and Reproductive Health

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Infertility is considered the “inability of a couple of reproductive age to achieve pregnancy, after 12 months of having sexual intercourse, without contraceptive care in women under 35 years of age and after 6 months in women over 35 years of age. . 85% of couples achieve it within the first year” [1].

“Approximately 15% of couples are currently infertile, but this rate is gradually increasing” [2].

In postmodernity, the decision to have children is postponed, and with this women seek their first pregnancy at a later age. “As the age of women increases, the percentage of infertility increases” [2].

Lifestyle factors that have effects on health are constantly studied, for example: diet, quality of sleep, place where you live, among others. Fertility is not exempt from the fact that these factors influence it [3].

Fertility in women, men, or both can be affected by nutrition, weight, exercise, physical and psychological stress, environmental or occupational exposure, use and abuse of substances or drugs [3].

Obesity influences fertility and sexual functions⁴. In women it has been seen that there is a decrease in fertility and an increase in the demand for assisted reproductive techniques [4]. In obese men, the quality of their sperm is decreased compared to men with normal weight, a decrease in the concentration of sperm, a decrease in their motility and also an increase in sperm DNA damage has been observed [5]. In women with a Body Mass Index greater than 30, an increase in the time to achieve a pregnancy was seen, as well as an increase in pregnancy losses [5]. The effects of female obesity on fertility would be reversible with a decrease in body weight [5].

Physical activity has a protective effect on fertility, especially in obese women⁵. However, excessive physical activity can have the opposite effect, causing hypothalamic dysfunction and changes in the pulsatility of gonadotropin-releasing hormone [5].

Men and women can be exposed to chemicals or other materials at work, which can alter their reproductive capacity⁶. Among them we find organophosphates, pesticides, solvents [5].

The use of substances such as: androgen (to increase muscle mass), tobacco, alcoholic beverages in excess, illegal drugs, such as cocaine and heroin, decrease male and female fertility [5].

Radiation therapy and chemotherapy can cause infertility in men and women. Correct and timely advice to these people is important since they could consider performing techniques for the preservation of fertility.

It is very important to bear in mind that the lifestyle and certain behaviors can benefit or damage the fertility of both men and women, which is why proper counseling of couples is very important⁵.

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