

# fit for fertility

If you are wondering whether or not to seek help, have a look at the checklist below. If you answer 'yes' to any of the questions, then it is probably worth making the time to see your doctor. Of course, answering 'yes' to any of the statements doesn't necessarily mean anything is wrong; it just makes sense to save yourself some time and worry.

- Are you or your partner worried that you have not yet conceived?
- Have you been trying to get pregnant for over a year without success?
- Do you have irregular period?  
*(This means, is your cycle variable in length, shorter than 24 days or longer than 35 days?)*
- Are your periods painful?
- Have you or your partner been in a prior relationship in which attempted conception did not occur?
- Has your partner suffered from any testicular injury in the past?
- Have you had any major abdominal surgery?
- Are you over 35?
- Has your partner had any testicular surgery?
- Have you ever had an ectopic pregnancy?
- Have you noticed any milk being discharged from your breast?
- Do you have diabetes, Cushing's disease or a thyroid disorder?
- Are you overweight or underweight?
- Are you and your partner unable to have regular intercourse?
- Have you had pelvic inflammatory disease?
- Has your partner ever had mumps?
- Does your partner have difficulty getting an erection?
- Does your partner have problems ejaculating?