

When Should You See a Fertility Specialist? a

In recent years, infertility has become a growing concern among couples in urban India. With rising stress levels, sedentary lifestyles, and other health issues, many individuals are finding it increasingly difficult to conceive naturally. Thankfully, advancements in reproductive medicine and assisted reproductive technologies have brought new hope to such couples. For those in the capital city seeking expert guidance and treatment, Shivam IVF stands out as a top destination for anyone looking for a [fertility specialist in Delhi](#).

Understanding Infertility

Infertility is typically defined as the inability to conceive after one year of regular, unprotected intercourse. It affects both men and women and can be caused by a variety of physical, hormonal, environmental, and lifestyle factors. Common causes of infertility include:

- Ovulation disorders
- Polycystic Ovary Syndrome (PCOS)
- Endometriosis
- Blocked fallopian tubes
- Low sperm count or motility
- Hormonal imbalances
- Age-related decline in fertility

In many cases, timely intervention and the right medical support can overcome these challenges. This is where a fertility specialist in Delhi plays a crucial role.

Choosing the Right Fertility Specialist in Delhi

With so many options available, selecting the right fertility specialist can be overwhelming. Here are some tips to guide your decision:

1. Check Credentials and Experience

Always verify the qualifications and experience of the doctor. Specialists with REI (Reproductive Endocrinology & Infertility) training and a proven track record in ART procedures are preferable.

2. Evaluate Success Rates

While no clinic can guarantee success, reviewing their IVF or IUI success rates (especially for your age group) can give you a realistic expectation of outcomes.

3. Patient Reviews and Testimonials

Reading about other patients' experiences can offer valuable insights into the doctor's approach, empathy, and professionalism.

