

Common Causes of Infertility in Men & Women

Infertility is an emotionally challenging journey that affects millions of couples across the globe. In India, where parenthood is often seen as an integral part of family life, infertility can bring emotional, social, and psychological distress. Fortunately, advancements in medical science have led to the emergence of specialized fertility centers that provide effective treatments to couples struggling with infertility. Among these, Shivam IVF Centre stands out as a beacon of hope for many. If you are searching for a trusted [Infertility Specialist in Delhi](#), Shivam IVF is a name you can rely on.

Understanding common causes of infertility

Infertility is defined as the inability to conceive after one year of regular, unprotected intercourse. It affects both men and women equally and can be caused by a range of factors, including hormonal imbalances, structural problems, lifestyle choices, and unexplained causes.

In women, common causes of infertility include:

- Polycystic Ovarian Syndrome (PCOS)
- Endometriosis
- Ovulation disorders
- Blocked fallopian tubes
- Age-related factors

In men, infertility may stem from:

- Low sperm count or poor motility
- Varicocele
- Hormonal imbalances
- Genetic disorders
- Lifestyle factors such as smoking, alcohol, or obesity

What Does an Infertility Specialist Do?

An infertility specialist, also known as a reproductive endocrinologist, offers:

- In-depth fertility evaluations
- Hormonal testing
- Ultrasound monitoring
- Personalized fertility treatment plans
- Support for mental and emotional health during treatment

By consulting a fertility expert, patients gain access to not only treatments but also a strategic,

