

## Fertility Myths and The Real Facts!

Here are some of the most common myths that we've come across over the years about infertility – along with the real facts! See how much you know about the truth of infertility and some of the myths your patients may have heard.

### **Myth: Infertility is a women's problem.**

**Fact:** This is untrue. It surprises most people to learn that infertility is a female problem in 35% of the cases, a male problem in 35% of the cases, a combined problem of the couple in 20% of cases, and unexplained in 10% of cases. It is essential that both the man and the woman be evaluated during an infertility work-up.

### **Myth: Everyone seems to get pregnant at the drop of a hat.**

**Fact:** More than five million people of childbearing age in the United States experience infertility. When you seek support, you will find that you are not alone. Join RESOLVE, a support group, or talk with others who are struggling to build a family, so that you won't feel isolated. At The Center, we can also help you connect with people who have been or who are going through infertility.

### **Myth: It's all in your head! Why don't you relax or take a vacation. Then you'll get pregnant!**

**Fact:** Infertility is a disease or condition of the reproductive system. While relaxing may help you with your overall quality of life, the stress and deep emotions you feel are the result of infertility, not the cause of it. Improved medical techniques have made it easier to diagnose infertility problems.

### **Myth: If you adopt a baby you'll get pregnant!**

**Fact:** This is one of the most painful myths to hear. First it suggests that adoption is only a means to an end, not a happy and successful end in itself. Second, it is simply not true. Studies reveal that the rate for achieving pregnancy after adopting is the same as for those who do not adopt.

### **Myth: Why don't you just forget it and adopt? After all, there are so many babies out there who need homes!**

**Fact:** For many, adoption is a happy resolution to infertility. However, most people explore medical treatment for infertility prior to considering adoption. In addition, traditional adoption options have changed, and adoption can be more costly and time-consuming than expected. It is, however, still possible to adopt the healthy baby of your dreams. There are also many older children and children with special needs available for adoption.

### **Myth: Maybe you're doing something wrong!**

**Fact:** Infertility is a medical condition, not a sexual disorder.

### **Announcing Our New State-of-the-Art IVF Center in Melville!**

We're very excited to announce the opening of our new state-of-the-art IVF center in early 2008! Our new center will be on the Nassau/Suffolk border in Melville and will include medical suites, exam and surgical procedure rooms, and embryology laboratories all in one modern and spacious facility. We're designing it with every patient comfort and convenience in mind. Look for more information soon!



**Myth: My partner might leave me because of our infertility.**

**Fact:** The majority of couples do survive the infertility crisis, learning in the process new ways of relating to each other, which deepens their relationship in years to follow.

**Myth: Perhaps this is God's way of telling you that you two aren't meant to be parents!**

**Fact:** It is particularly difficult to hear this when you are struggling with infertility. You know what loving parents you would be, and it is painful to have to explain to others that you have a medical problem.

**Myth: Infertility is nature's way of controlling population.**

**Fact:** Zero population growth is a goal pursued in a time of world overpopulation, but it still allows for couples to replace themselves with two children. Individuals or couples can certainly elect the option to be childfree or to raise a single child. Infertility, for those who desire children, denies them the opportunity to choose.

**Myth: I shouldn't take a month off from infertility treatment for any reason... I just know that this next month will be THE one!**

**Fact:** It is important periodically to reassess your treatment and your parenting goal. Continuity in treatment is important, but sometimes a break can provide needed rest and renewal for the next steps.

**Myth: I'll be labeled a 'trouble maker' if I ask too many questions.**

**Fact:** The physician/patient team is important. You need to be informed about what treatments are available. What is right for one couple may not be right for another, either physically, financially, or emotionally. Don't be afraid to ask questions of anyone at The Center.

**Myth: I know I'll never be able to stop treatment until I have a pregnancy.**

**Fact:** Pregnancy is not the only pathway to parenthood. You may begin to think more about parenthood than about pregnancy. You may long for your life to get back to normal. You may consider childfree living or begin to think of other ways to build a family.