

A REVIEW OF THE FEMALE INFERTILITY AND MODIFIABLE RISK FACTORS IN NIGERIA

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Abstract

Infertility is a radical life-changing problem with major psychological, socio-cultural, and economic consequences for the affected individuals at large. Infertility is a chaos that has robbed or ruined couple's happiness. It is the inability of couples to achieve conception despite frequent unprotected sexual intercourse for several months or years. The paper is a review of female modifiable risk factors of infertility in Nigeria. It is also to determine the effects of modifiable risk factors and the prevalence of female infertility in Nigeria. Data were searched from the internet and this served as secondary data. It is evident from the study that modifiable risk factors such as alcohol consumption, stress, cigarette smoking, age, diet and sweetener, modern medicine, endometriosis, and adenomyosis are some of the causes of infertility. Iatrogenic causes of infertility such as abortion and Isthmocele are also responsible for female infertility. The effect of infertility may increase if these modifiable risk factors are not curtailed. This also means that the consequences of infertility such as psychological, stigmatization on families, and affected individuals will likely remain. It can be concluded that infertility can drastically be reduced if women change their lifestyles. Women should therefore not delay conception since age is a factor that determines female fertility and steers clear of these modifiable risk factors. The administration of drugs and its treatment can jeopardize the fertility of women if not handled by qualified personnel.

Keywords: Infertility, Modifiable Risk Factors, Nigeria, Prevalence.