

Causes of Infertility – Common Drugs & Conditions

by Iva Keene MRMed. ND. - Sunday, December 07, 2008

<https://natural-fertility-prescription.com/causes-of-infertility-2/>

Unless your doctor informed you about it, the likelihood of you knowing which common drugs could be, unbeknown to you, causes of infertility, is very small. Here is a comprehensive list of drugs and conditions you should be aware of;

Drug	What's it used for?	How if affects fertility
Anabolic steroids	To build muscle	Interferes with testicular function
Antidepressants	Depression	Inability to discharge, disrupt menstrual cycles, lead to birth defects in the first trimester.
Antibiotics	Bacterial Infections	Disrupt ovulation/cervical mucus
Anti- anxiety drugs (diazepam, alprazolam)	Anxiety	Increased risk of birth defects
Cold and flu meds with antihistamines	Allergies, cold and flu meds	Thicken or dry up cervical mucus making it very hard for sperm to swim
Accutane	Acne	Severe birth defects
Corticosteroids	Psoriasis, itchy skin conditions	Disrupt menstrual cycles, decreased libido in men
Ulcer medication (cimetidine)	Stomach Ulcers	Impact sperm production and the ability to have an erection
High Blood Pressure meds(potassium sparing, calcium channel blockers, alpha blockers)	High blood pressure	Decrease libido, interfere with erections,makes sperm sluggish, retrograde discharge, irregular menstrual cycles
Ibuprofen (Advil, Aleve)	Pain	Disrupt ovulation
Chemotherapy drugs	Cancer	Sterility and infertility in both partners

Here are some conditions, infections and procedures affecting fertility:

Condition/Procedure	How if affects fertility
Diabetes Type II (adult onset)	Irregular cycles, infertility
Insulin resistance	Irregular cycles, infertility
Obesity	Irregular cycles, infertility
Diabetes Type I - insulin dependent	Early menopause due to autoimmune attack on the ovaries, retrograde discharge, erectile dysfunction.
Thyroid disease	Hypo and hyper thyroidism can cause irregular menstrual cycles and interfere with ovulation
Autoimmune diseases	Ovaries can be attacked by the immune system.

Anemia	Ovulatory disruption
Chlamydia infection (STD)	Ectopic pregnancy, pelvic inflammatory disease, epididymitis, infertility
Gonorrhea (STD)	Severe scarring and adhesions
Surgical removal of uterine fibroids, ovarian cysts	Pelvic and uterine adhesions which can lead to infertility
Dilatation & Curettage (Abortions, after childbirth)	Scarring and adhesions in the pelvic area
Surgical removal of adhesions	Can lead to more scarring and adhesions

What to do about these potential causes of infertility?

- Healthy pure diet and lifestyle promote robust health. The healthier you are the less likely you'll need medications for pain, stomach ulcers, high blood pressure, anxiety and depression.
- Same goes for infections. The healthier you are the more robust your immune system is able to fight and ward off pathogens which may be the causes of infertility before they get a chance to invade and multiply.
- However if you are currently taking some of those medications or are dealing with some of the conditions mentioned afore consider the following:
- If your condition can be modified with diet and lifestyle - diabetes, high blood pressure, anxiety, depression, anemia, allergies, frequent colds and flu and many more - start doing the necessary changes and under your doctors guidance gradually reduce medication and eventually come off it if at all possible.
- Seek natural alternatives that can be used in the place of the drug.
- Use complementary medicine treatments for your condition to help your body heal itself and avoid common causes of infertility.

And remember if you want a complete guide with step-by-step instructions on how to avoid some of the contributing causes of infertility such as drugs and conditions and dozens or more natural fertility strategies, see my [Body Exposed - Reprotoxicants](#) that's part of my "Natural Fertility Prescription Program". Comments? I'd love to hear from you.