



## **Video Transcript: Infertility and Family Planning Care Video**

**Narrator:** Infertility and Family Planning Care. This video was created by the Reproductive Health National Training Center, RHNTC. About 15% of couples experience infertility, making infertility one of the most common conditions for people between the ages of 20 and 45. In some cases, infertility may be caused by underlying health conditions. Some common causes of infertility involve ovarian dysfunction, fallopian tube obstruction, and insufficient sperm production and function.

For instance, polycystic ovarian syndrome or PCOS, causes irregular ovulation. PCOS is one of the most common causes of infertility. Also, blocked fallopian tubes prevent an egg and sperm from meeting. Risk factors for blocked fallopian tubes include a past history of chlamydia or gonorrhea infection, Pelvic inflammatory disease, and Endometriosis. Finally, insufficient sperm is another common cause of infertility. Risk factors for insufficient sperm include infections, hormonal problems, and sometimes environmental and lifestyle factors such as exposure to environmental toxins or heavy alcohol use, endocrine disrupting chemicals, or smoking cigarettes.

Support for achieving pregnancy and basic infertility services are core components of family planning services and the Title X program. Because many people describe Title X clinics as their usual source of care. Title X agencies and staff play a critical role in delivering quality, accessible, client centered services. Title X agencies and staff can support clients by understanding each client's unique circumstances and goals.

Title X agencies and staff can support clients by providing appropriate services, resources, and referrals to achieve a healthy pregnancy and in their journey to build a family. This support includes: equipping staff with knowledge and skills to provide client centered infertility services that support clients in their family building goals; helping clients understand the menstrual cycle and ways that abnormalities in their cycle can indicate health conditions; screening for conditions such as chlamydia, gonorrhea, diabetes, and hypertension by diagnosing and managing health conditions that can impact fertility, including PCOS, endometriosis, and fibroids; providing counseling and education on fertility, fertility preservation and fertility awareness to achieve pregnancy; providing quality preconception health services; and evaluating infertility by conducting medical and reproductive histories, a review of systems, a physical examination and laboratory testing as indicated; by providing counseling and referrals for further evaluation or medical treatment options to address health conditions that cannot be addressed by your agency.

RHNTC's Fertility and Infertility Services and Family Planning Care Toolkit offers evidence-based recommendations, action steps, and supportive resources to help family planning agencies understand the scope of basic infertility services and to strengthen and guide the provision of services and referrals to support clients experiencing infertility. For more information and to find related resources, go to [RHNTC.org](https://www.rhntc.org).