



## **Video Transcript: Hypertension and Female Fertility**

### **Speaker:**

Hypertension and female fertility. This video was created by the Reproductive Health National Training Center, RHNTC. In this video, we're going to cover the ways in which hypertension is linked to female fertility. Hypertension and infertility can be related. For example, if someone is experiencing infertility, they may be at higher risk for hypertension, now or in the future. If they have hypertension, they may be at increased risk for infertility. So if someone has one of these conditions, consider screening for the other. Let's look at hypertension as a cause of infertility in females. Hypertension can impair the quality of cells that ultimately become mature eggs. It can inhibit ovulation. It can impede implantation of a fertilized egg into the lining of the uterus, and it can hinder the formation of blood vessels in the placenta necessary to nourish, oxygenate, and remove waste from the developing fetus.

In addition, hypertension can cause systemic inflammation, which can damage cells, tissue, and blood vessels, all of which may impact the ability of a person to become pregnant or have a healthy pregnancy. Some risk factors and conditions that can cause infertility can also cause hypertension. For example, polycystic ovarian syndrome is associated with androgen excess and insulin resistance, which can lead to increased blood pressure. Endometriosis, associated with hormone imbalances and chronic inflammation, may also increase the risk of hypertension. Family planning providers play an important role in supporting reproductive wellbeing, which may include fertility preservation by focusing on prevention, detection, and control of hypertension.