

Approximately 1 in every 8 couples has trouble getting or staying pregnant; that is over 12% of couples in the United States. This may be a surprising number given many people do not talk about their or their family's fertility challenges. Approximately a third of infertility is attributed to the male partner, a third attributed to the female partner, and a third attributed to a combination of both partners, or remains unknown (www.asrm.org).

Genetic counseling and genetic testing may help determine an underlying reason for infertility or multiple miscarriages. In addition, it can also come with opportunities for appropriate screenings or changes in medical management.

It is important to remember that regardless of the cause for infertility, no one is to blame. Often times if a specific cause for fertility issues can be identified, it is due to something that none of us have any control over. Identifying why someone is having trouble conceiving can be powerful information, as it can determine what the best next step is to help someone start a family.

Click below for more information:

- [Maternal causes of infertility](#)
- [Paternal causes of infertility](#)
- [Both Maternal AND Paternal causes of infertility](#)
- [How can a genetic counselor help?](#)

Related Articles

- [Genetics 101](#)
Genetics is a vast and increasingly complicated field of science. The information here will help to provide a basic background in general genetics concepts, and can be a resource as you come up with questions. We'll start with the basics: The birds and the bees and how we pass on...
- [Genetics & Pregnancy](#)
These days, it's hard to get through a pregnancy without hearing something about genetics. There are a growing number of genetic tests available that can give some information about the likelihood of a genetic condition in a pregnancy. It is important to know that these tests are optional and that...
- [Genetics & Personalized Medicine](#)
Precision medicine is often used interchangeably with "personalized medicine" and "individualized medicine". All of these terms describe an approach to healthcare that

focuses on individual differences in genetics, environment, and lifestyle rather than a “one size fits all” kind of care. One aspect of precision medicine uses tests for certain...