



## Fertility Demystified: A Self-Teaching Guide

*Susan Warhus*

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# Fertility Demystified: A Self-Teaching Guide

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## **Fertility Demystified: A Self-Teaching Guide Susan Warhus** **Your essential guide to FERTILITY options and reproductive HEALTH**

If you are trying to start a family but are having trouble conceiving, you are not alone. Today, millions are affected by infertility issues. *Fertility Demystified* explores many common causes of infertility and outlines the latest treatments, guiding you toward successful conception.

Written by a board-certified obstetrician and gynecologist, *Fertility Demystified* begins with an overview of the different fertility concerns for men and women along with a discussion of the possible reasons for early pregnancy loss. You'll find methods for increasing the chances of becoming pregnant--both naturally and through fertility drug therapy--and explanations of the various assisted-reproduction technologies. Also, the complex emotional issues and ethical considerations in the decision-making process are carefully explored.

This easy-to-understand guide offers:

- Explanations of health and lifestyle concerns for both men and women
- Tips for finding a fertility specialist
- Natural ways to monitor and improve your own fertility
- An overview of various fertility medications and their risks
- Emerging technologies not yet available in the United States
- Alternatives for the infertile couple--including surrogacy and adoption

Straightforward and accessible, *Fertility Demystified* helps you make informed decisions about your fertility options.

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