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**Objectives**

- Address many common Reproductive Health myths and legends
- Define normal reproductive potential
- Highlight cutting edge technology currently in use

The speaker has no conflict of interest or relevant disclosures

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**Teen Reproductive MYTHS: A girl can't get pregnant/ a guy can't get a girl pregnant if:**

- you have sex standing up;
- the girl is on top;
- you have sex in a hot tub or a swimming pool;
- you jump up and down immediately after sex;
- the girl douches, takes a bath, or urinates immediately after sex;
- it's your first time or you're both virgins;
- the guy pulls out before he ejaculates or if he doesn't go all the way in;
- the girl doesn't have an orgasm;
- the guy and the girl don't orgasm at the same time;
- the girl pushes really hard on her belly button after sex
- the girl makes herself sneeze for fifteen minutes after sex.

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### Oral contraceptive Myths

- Caused weight gain
- causes irregular bleeding
- Worsened acne
- Increase unwanted hair growth
- Cause infertility
- Cause cancer




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### Oral Contraceptive Health Benefits

- Improved Cycle regularity
- Reduced anemia, improved Hematocrit
- Reduced pelvic pain
- Improved acne and hirsutism
- Reduced PMS
- Little or no weight gain
- Reduced ovarian cyst formation
- Reduced endometrial, ovarian and colon cancer




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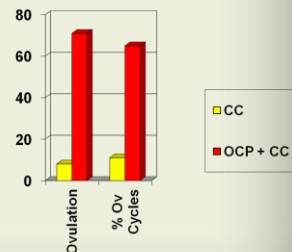
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- 48 patient with CC resistance
- 89 cycles
- CC 100 mg 5-9 alone vs. OCPs followed by CC
- Ultrasound monitoring, hCG

### Oral Contraceptive Pretreatment



Branigan EF, Estes MA. Am J Ob Gynecol 2003;188:1424




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### IntraUterine Device legends

- IUDs are a new form of birth control
- IUD cause infections and are dangerous
- IUD are only for older multiparous females



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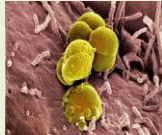
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### IUD legends

- IUD cause infections and are dangerous



- IUDs are a new form of birth control



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### IUD legends

- IUD are only for older multiparous females



Implants and intrauterine devices (IUDs) should be offered as first-line contraceptive options for sexually active adolescents. ACOG, 2012



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### Hemaphrodites, Mullerian Abnormalities, etc

- **Myth:** Male and Female external genitalia
- **Fact:** ovarian and testicular tissue
- **Myths:** "normal anatomy required for reproductive function"
- **Fact:** many options to repair and restore
- **Myth:** Intercourse required for conception
- **Fact:** Pregnancies seen with intact hymen




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### Myths

- Good health equals good fertility at any age
- Daily sex improves fertility
- Conception occurs only during intercourse
- Pregnancy can result with intercourse 1 - 2 days before or after ovulation




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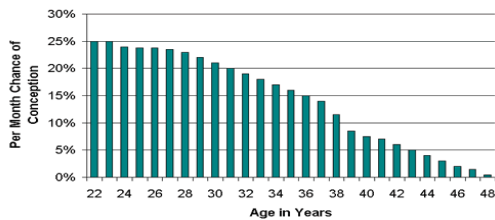
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### Age is the primary predictor of Pregnancy

#### The Age Factor

As you can see by the graph below, by age 36 a woman's chances of conceiving per month is decreased by half. The downward slope continues until by age 46 the natural fertility rate per month is approximately 1%




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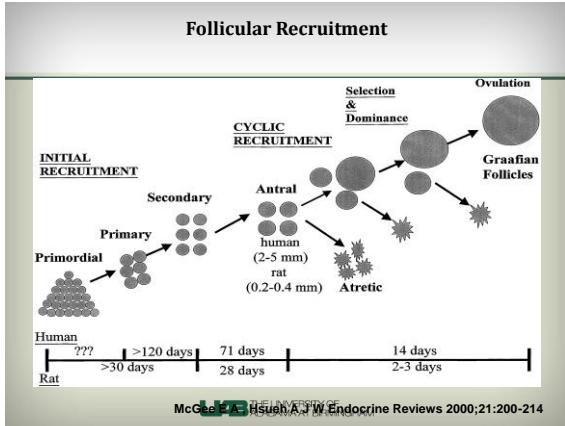
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### Myth: Smoking has little impact on reproductive health

- Increased risk of miscarriage and ectopic
- Hastens menopause
- Damages sperm
- REDUCED chance of success with IVF (regardless of who smokes in the household)

Group	Successful Pregnancy (%)
nonsmoker	~40
Female Smokes	~20
Male Smokes	~22

Successful Pregnancy

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### Most "Infertility" is actually "SUBfertility"

- "Trying for one year (6 months if older than 35 years of age) without success"
- Many Misconceptions:
  - "I am alone"
  - 25% of couple
  - 13% seek medical care
  - "I am never going to get pregnant"
  - With appropriate care, 8 out of 10 couples will have a child

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### Fertility

- Normal spermatozoa (Timing)
- Timely release of an Egg (Ovulation)
- Sperm and Egg/Embryo Transport (Fallopian Tubes)
- Implantation and Support of Pregnancy (Uterus)




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### When to Evaluate

#### < 35 years of age

Begin after 12 months of unprotected intercourse

#### 35 to 40 years of age

Offer evaluation after 6 months of trying

#### > 40 years of age

Consider immediate evaluation; counseling

**Anytime known or suspected pathology**




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### Myths of Male Reproduction

- More Sex is better.....
- Boxers versus brief (temperature matters)
- I am fine... I have kids, a great libido, no ED, etc
- Health and Age doesn't matter




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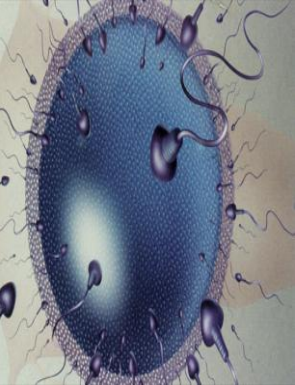
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**Normal Semen Analysis**  
1.5 - 5.0 ml  
> 20 million / mL  
Motility 50%  
Morphology 50%  
(4% strict)

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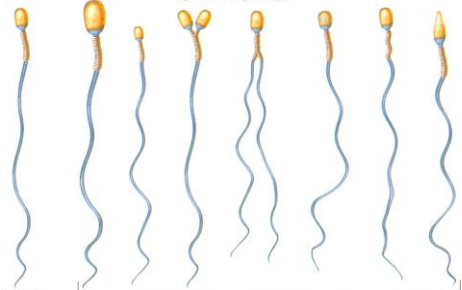
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**Sperm Types**

**Sperm Morphology**



Normal Oval Form

Abnormal Sperm

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**Fertility Myths**

- Ovulation Detection Kits are very accurate
- Intercourse must be timed to one or two days around the time of ovulation
- High Tech is required

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### Methods Used to Assess Ovulation

- Basal body temperature chart
- Midluteal phase serum progesterone
- Luteal phase endometrial biopsy
- Detection of LH in the urine
- Cervical Mucous
- Cyclic pain
- Ultrasound observation
- Electronic monitoring
- **REGULAR CYCLE / Moliminal Symptoms**




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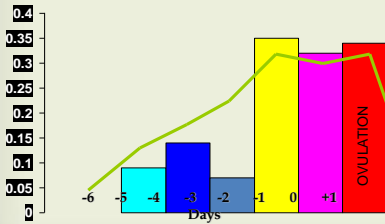
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### Timing of Intercourse

221 patients, a total of 625 cycles



Wilcox et al, NEJM 1995;333:517-521




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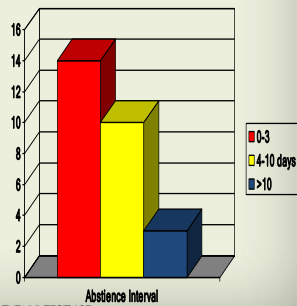
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### Abstinence Interval and IUI Pregnancy Rate

- Retrospective study of 929 cycles
- Abstinence positively correlated with count and negatively with motility



Jurema MW, Fertil Steril 2005;84:678




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*Myth: IVF is for everyone*

Fact: IVF is ideal for the following conditions:

- Severe sperm problems
- Tubal blockage
- Failed simpler therapy
- Genetic Testing

Fact: A large percentage of couple can conceive with simple treatments




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**Childhood Cancer prevents normal reproductive function**

- ALL, Hodgkins lymphoma, sarcoma +/- BMT result in 80% having amenorrhea (alkylating agents)
- AML, non-hodgkins only 20% chance of amenorrhea
- Others with unknown risk

[www.fertilehope.org](http://www.fertilehope.org)




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**Childhood Cancer**

Fertility Preservation Options

- Cryopreservation
  - Embryo
  - Oocytes
- Ovarian tissue
  - Age 8 - 40
  - No partner required
  - No delay in treatment




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**Myth: A uterus is required to have your “own children”**

- 1918 uterine transplant proposed
- 1964 Successful dog uterine transplant 1964
- 2011 Successful sheep transplant
- 1931 Human uterine transplant and death
- 2011 Derya Sert had “Successful” transplant (periods for 9 months)
  - April 2013 Successful pregnancy announced
  - SAB at 8 weeks
- Gestational Carrier / Surrogacy



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Many myths, legends and misConception exist for reproductive health issues (especially among teens)

Healthcare provides must take the lead in educating our patients and the public

Thank you for all you do to provide quality care to the children, adolescents and families of Alabama



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