



Diabetes Mellitus and Influences on Female Infertility

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Abstract

Background: Diabetes mellitus (DM) is a chronic, lifelong condition, while infertility is the disability to attain a pregnancy. They are directly connected to each other owing to the impact of this metabolic disease in female reproductive function.

Objective (Aim): This study aims to draw the attention of diabetes mellitus, both type 1 and type 2, in females in relationship to infertility.

Result: Diabetic women have problems of the fallopian tubes, ovaries, uterus and menstrual disorders. Lastly, respecting type 2 DM, it is mainly responsible for ovulation disorders and tubal obstruction in women.

Conclusions: Given the fact that diabetes mellitus strongly affects female reproductive system, it is high time female were informed about risk factors which contribute to the presence of infertility. Moreover, counselling support would be auxiliary, while the Assisted Reproduction is the alternative for infertile female (couples), as well.

Keywords: Diabetes Mellitus (DM); Infertility; Reproductive Function

Infertility is the failure of a couple to conceive a pregnancy after trying to do so for at least one full year. In primary infertility, pregnancy has never occurred. In secondary infertility, one or both members of the couple have previously conceived, but are unable to conceive again after a full year of trying.

Diabetes mellitus is a disease which affects endocrine system and it is considered to be one of the most serious health problems to modern global health.

Insulin-dependent diabetes mellitus's (IDDM) or type 1 diabetes' (T1DM) incidence in female. Though, the prevalence of T1DM globally is estimated to be 5% to 7% (Lavender, *et al.* 2010; Griffiths, *et al.* 2008; Charron-Prochownik, *et al.* 2006; Catalano, 2014; Radaelli, *et al.* 2009).

According to the World Health Organization (WHO), in 2000 DM affected 177 millions of people all over the world. However,

this number will have probably arrived at the three hundreds millions since 2025.

This increase will be owed to ageing, obesity and population growth.

Thereafter, diabetes will afflict even more pre-reproductive or reproductive females. Especially, infertility is the failure to get pregnant after trying one year at least or 6 months for women who are over 35 years old, without the use of any contraceptive measure and given the regular normal sexual intercourse. This is a complex health problem which is directly related to personal, financial and social problems. According to the World Health Organization (WHO) infertility as a medical condition concerns the 8-10% of couples worldwide (Saridi, Georgiades, 2010). The incidence of infertility has increased considerably in recent decades all over the world. According to the literature, infertility is no longer just a result of health problems but choices of people's lifestyle nowadays,

as well. As it is evidenced by recent studies, problems of the fallopian tubes, ovaries, uterus, and menstrual disorders are the main causes of infertility in women.

Environmental, socio-economic factors, as well as advanced childbearing age and smoking increase the risk of infertility of a couple (Saridi, Georgiades, 2010). More specifically, regarding the association of diabetes with infertility, the fault lies in menstrual disorders caused by metabolic diseases such as diabetes mellitus. (Wu., *et al.* 2007). During recent decades, interest of health scientists has turned to investigating the factors that affect infertility of couples, firstly because more and more countries are facing demographic problems, secondly because the procreation and upbringing of children is an extremely important event in the life of every man. According to recent studies by the World Health Organization, human fertility has been declined significantly over the last 50 years. Although the incidence of infertility varies from country to country for various reasons, however, it is quite high.

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