



SUMMARY

Infertility has a strong impact on the psychological and social well-being of couples. Also infertility is considered a public problem as it does not affect the couples' life only, but it also affects the healthcare services and social environment.

The nurse play important role in management of infertile couple because the couple with infertility faces many uncertainties and multiple losses such as loss of self-esteem , loss of dream and loss of balance of relationship , security and fantasy . The nurse should be encouraged the infertile couple to talk about their feeling and their experiences. Open communication can decrease stress and circumvent resentment in the relationship.

The literature has clearly identified a series of modifiable lifestyle factors that potentially impact on female fertility. Moreover, the risk factors for infertility identified here often have other related serious health implications, such as the importance of smoking as a risk factor for cardiovascular disease and cancer. That lifestyle modification has the potential to improve reproductive performance raises a number of health-care issues. Most lifestyle factors are theoretically modifiable, and couples attempting to conceive should be counseled and advised regarding their individual lifestyle factors. A structured programme of education, support and access to specialist health professionals should back counseling to encourage and facilitate appropriate lifestyle changes. This will facilitate the



provision of optimum health care to couples attempting to become pregnant, improving their chances of success and minimizing the need for costly and invasive infertility treatment.

The present study was aimed to investigate different female life style patterns in relation to infertility and evaluate female knowledge regarding life style patterns that affect female infertility. The study was conducted at Benha university hospital in obstetric and gynecological department (Assisted reproductive unit) and obstetric &gynecological private centers at Benha city.

The total sample was 100 of available females with infertility and recruited in the study according to the following criteria: infertile female experienced primary or secondary infertility.

Method of data collection entail, structure interviewing questionnaire sheet. The investigator interviewed all recruited women's after obtaining their consent to assess their knowledge about infertility and assess their life style patterns.

Results of this study indicated that the mean age \pm SD of women were (27.20 \pm .5.61 years).More than two third of the females were house wife and were live at rural area and had intermediate education. The present study revealed that more than three quarters of the infertile females had poor life style patterns that affect infertility, most of infertile females had poor knowledge regarding life style patterns and infertility. Also there's statistical significant difference between females' knowledge and their life style patterns.



The study recommended the following:

- 1- Advice on modifiable life style factors should be given to infertile females presenting with infertility to help them make positive changes that may improve their chances of pregnancy.
- 2- Premarital counseling should be provided emphasizing on the importance of good sexual relations and its effect on infertility.
- 3- Designing and implementing counseling program by the nurse for infertile females to improve their psychological status and help them cope successfully.
- 4- Further Studying on the impact of infertility on coping strategies among infertile females.
- 5- Provide infertile couples with an educating program as follow dietary program and practice exercising.