



Introduction

Infertility is a widespread problem that has an emotional, psychological, social and economic impact on couples and society (*Ricci, 2009*). Childbearing and having children are extremely important events in every human's life and are strongly associated with the ultimate goals of completeness, happiness and family integration. It is widely accepted that human existence reaches completeness through a child and fulfils the individual's need for reproduction (*Roupa,et al .,2009*).

Infertility is defined as the failure to conceive after 1 year of purposefully seeking pregnancy for women younger than 35 years. For women who are 35 years and older it is defined as failure to conceive after 6 months of attempting pregnancy (*Abbasali,2011*). Primary infertility describes the couple who has never achieved a pregnancy, whereas secondary infertility describes the couple who has achieved a pregnancy in the past but is now unable to conceive (*The Practice Committee of the American Society of Reproductive Medicine, 2006*).

Worldwide more than 70 million couples suffer from infertility, the majority being residents of developing countries (*Willem, et al., 2008*). About a third of infertility problems are due to female infertility and another third are due to male infertility. In the remaining cases, infertility affects both partners or the cause is unclear. Although this report specifically addresses infertility in women, it is equally important for the male partner to be tested at the same time (*Boomsma, 2007*).



Among the factors thought to affect female infertility are environmental contaminants. Physical, behavioral, psychosocial and socioeconomic factors have been reported to have an effect on fertility (*Edward, 2005*). Lifestyle has a significant effect on human reproduction. Many of these factors may limit a couple's ability to conceive such as diet, exercise, alcohol taking, smoking and drugs (*José , 2008*).

The physical and psychological burdens the infertile couple are willing to go through, and the financial cost the couples are willing to pay if they can afford it, attest to the high ranking of infertility as a perceived burden of disease (*Fathalla, 2005*).

It was reported that nurses play an important role in the care of the infertile couple. The nurse is most effective when offers care and treatment in a professional manner and relate to couple as valued and respected individuals. Throughout the entire process, the nurse's role is to provide information, anticipatory guidance, stress management and counseling. Also the couple's emotional distress is usually very high, so the nurse must be able to recognize that anxiety and provide emotional support (*Ricci, 2007*).



Significance of the problem:-

Infertility by itself does not threaten the life, but it has devastating psycho-social consequences on infertile couples. It remains a worldwide problem challenge. Management of infertility has been and still a difficult medical Task, not only because of the difficulty in the diagnosis and treatment of the reproductive disorders in each partner (*Remah, 2010*).It affects about 15% of couples in Egypt (*the women's health council, 2009*). Female life style patterns strongly predispose to occurrence of infertility, despite of that treatment mainly focus on medical causes that inhibit pregnancy and may neglect practices that female used to do and contribute to infertility .therefore the study was conducted to assess different life style factors that affect infertility.