HEALTH PROFILE OF INFERTILE WOMEN IN EGYPT

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ABSTRACT

Background: Infertility is a widespread problem that has an emotional, social and economic impact on couples and society. **Aim**: aim of the current study was to assess the profile of the infertile women in Egypt. **Subject & Methods. Design:** A descriptive exploratory research design was utilized for the study as it suits its nature. **Sample:** A total of 300 married women diagnosed as primary or secondary infertility. **Setting**: Outpatient Infertility Clinic at El Manial University Hospital, Cairo University, Egypt; and a private clinic were recruited for the study. **Tools:** Data were collected through an interviewing questionnaire schedule and anthropometric assessment tool. **Results**: The study results indicated that the mean age of the sample was 28.62 ± 6.32 years, and the mean of duration of infertility was 4.324 ± 3.550 years. Fifty-seven percent of the sample had primary infertility, while 43% had secondary infertility. Sixty-one percent of the sample had irregular menstruation, and 40.7% of them had menstrual abnormalities. Seventy-nine point seven percent of the sample had history of gynecological disease, 36.3% of them had polycystic ovary, while 32.2% of them had cervicitis. Forty two point six percent of the sample used different types of contraceptives and more than half of them used intrauterine device (IUD). Fifty-seven percent of the sample had snacks between meals, 42.3% of the sample were depending on fatty saturated diet.. The mean of body mass index was 29.3 ± 6.306. **Conclusion:** the profile of infertile women in Egypt was: older age at marriage, overweight and obese (BMI$\geq$ 30Kg/m^2), depending on fatty saturated diet, eating snacks, having history of polycystic ovarian syndromes, having cervicitis, long use of contraceptive methods, having frequent sexual intercourse**. Recommendation:** teaching women during childbearing period about predisposing factors of infertility and importance of regular screening in early detection of these factors; raising women's awareness regarding to adopting a healthy life style through following dietary program and practicing exercise.

KEYWORDS: Infertility, Health Profile