



Fox Valley Reproductive Medicine (FVRM) is an independently physician-owned organization.

Ovulation Dysfunction – One of the leading causes of female infertility!

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Ovulation Dysfunction is one of the leading causes of infertility and describes a group of disorders in which ovulation fails to occur, or occurs on an irregular basis. Anovulation (no ovulation) is a disorder in which eggs do not develop properly, or are not released from the follicles of the ovaries. Women who have this disorder may not menstruate for several months. Others may menstruate even though they are not ovulating. Although anovulation may result from hormonal imbalances, eating disorders, and other medical disorders, the cause is often unknown. Women athletes who exercise excessively may also stop ovulating. Oligoovulation is a disorder in which ovulation doesn't occur on a regular basis, and a menstrual cycle may be longer than the normal cycle of 21 to 35 days.

How do I know if I suffer from infertility due to Ovulation Dysfunction?

One of the most common signs of ovulation dysfunction is irregular menstrual periods. The time between 2 periods may range anywhere from 26 to 70 or more days. Each cycle is very unpredictable - one may be 30 days and the next may be 65 days. It is difficult to know if ovulation takes place during these irregular cycles unless a woman monitors her basal body temperature (BBT) or uses a urinary ovulation detection kit. Ovulation dysfunction may only be recognized when the woman experiences problems getting pregnant. It is important to remember, however, that a woman may not ovulate even though she has very regular, consistent cycles.

How does Ovulation Dysfunction contribute to Female Infertility?

In order for a woman to become pregnant naturally, an egg must be released from the ovary, i.e. ovulation. Furthermore, sperm must be present to fertilize the egg. For this to occur, intercourse must be timed around the anticipated time of ovulation. Women with ovulation dysfunction may have difficulty predicting the time of ovulation since it is irregular. It is very important to determine if and when ovulation is occurring in order to get pregnant.

Call FVRM at 920-560-5585 or your personal primary care physician with questions or for the most appropriate treatment option for your situation.