

INFERTILITY & CHIROPRACTIC

INFERTILITY FACTS

Infertility is defined as the inability to conceive after at least 1 year of unprotected intercourse.

Data from the Centers for Disease Control and Prevention indicate that there were 7.3 million infertile women in the U.S. in 2002 with 1.2 million women having had an infertility-related medical appointment. These data also indicate that from 30 years of age and on, rates of infertility increase.

There are many reasons for both male and female infertility, including problems with egg production, anatomic, immune and hormonal factors for the female and sperm count for the male.

In healthy couples, the probability of conception is 20-25% per reproductive cycle, with a 90% change of conception within 12 months.

Infertility is distinctly different from sterility as there is still the potential for conception.

The inability to conceive can lead to many emotional states such as frustration, guilt, anger, resentment, inadequacy and depression.

While a number of assisted reproductive technologies, such as in-vitro fertilization are available for women trying to conceive, they are not without failures and consequences.

As a result, women turn to complementary and alternative medicine (CAM) to optimize their chances of achieving a pregnancy. Of the various CAM therapies, chiropractic is a popular choice of alternative healthcare for women and highly utilized.

Optimal functioning of the ovaries, fallopian tubes and uterus are necessary for a viable pregnancy; any dysfunction in the female reproductive organs could lead to infertility.

Infertility is a common issue for patients presenting to chiropractic offices. Although, the primary goal of chiropractic is not to treat symptoms and disease, many cases show success in conception of previously infertile women with chiropractic care.



In this study a 32-year-old female presented for chiropractic consultation after being medically diagnosed as infertile. She had undergone in vitro fertilization approximately 18 months prior to assist her in conceiving a child. She became pregnant with twins; however, one was terminated during her pregnancy, and she delivered the remaining twin via Cesarean Section. Since giving birth to her child, who was 9-months old when the patient entered the clinic, she has remained unable to conceive.

In addition, she also suffered from constant, severe abdominal pain, headaches and neck pain. Her symptoms significantly affected her daily life including caring for her infant.

She was examined by the chiropractor who found decreased and painful spinal range of motion and spasm of her back muscles. She had abnormal posture and structural spinal shifts in her neck, back and pelvis. Structural spinal shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxations, that chiropractors correct.

After six weeks and two chiropractic adjustments, the patient reported she was pregnant.

Resolution of Infertility Following Chiropractic Care: A Case Study & Review of the Literature. Raleigh Warren DC, Brack Burris DC & Joel Alcantara DC. Journal of Pediatric, Maternal & Family Health, Chiropractic ~ August 6, 2018 ~ Pages 84-89



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