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Title: Obesity in men and women decreases fertility

The prevalence of obesity is rising as well as the incidence of infertility in both men and women. Studies are examining the association between obesity and infertility in both sexes. If natural fertility methods are ineffective, infertility treatments are tried. Obesity is becoming a common problem in fertility. The objective of this systematic review was to examine the research conducted on obesity and fertility in both males and females. A search was done using various databases including HealthSource, GoogleScholar, PubMed and ScienceDirect and the key words “obesity and fertility”, “obesity and infertility” and “obesity and fecundity”. Articles were included if they were original research on humans encountering obesity and fertility problems. Review articles were excluded. Five articles, two cohort studies and three case-control studies, were thoroughly reviewed. Three studies examined the effect of female obesity on infertility treatments, one study focused on male obesity and semen, and one study looked at body weight and the time it took to conceive. All studies defined obesity as a BMI $>30 \text{ kg/m}^2$. The results of these studies demonstrated that obesity plays a negative role in fertility by altering menstrual cycles and sperm concentration and motility. Limitations of the studies reviewed included an inability to determine cause and effect (retrospective study design), not considering Polycystic Ovarian Syndrome, and not considering BMI of sexual partner. Information on obesity and infertility may lead to weight loss being the first line of treatment for obese patients trying to conceive.

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