

Infertility and its impact on mental health

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Abstract

Patients who are suffering from infertility needs long term treatment. There are lots of risk factors that can affect both male and female partner. The consequence of infertility is stressful and sometimes it is difficult for both patients and family members to cope with this stress. It is a challenge to find out the stress and manage it. This article embraces mental health problems that patient may suffer during course of treatment. It is essential to take mental health care of both partners. Patient may suffer from depression, anxiety, somatoform disorder, etc. Some patient has chance to develop behavioral problem such as palpitation, irritability, social withdrawal, suspiciousness, breathlessness, etc. During treatment procedure patient has to go through lots of pressure such as prolonged treatment, side effects of drugs, schedule problem with doctors, lots of investigations, oblique comments, lack of support from friends and family, financial insolvency, marital conflict, etc. that compel patient to begin mental health problem. It is mandatory for family members to take care of mental health of both partners otherwise mental health issues can delays the good outcome of treatment. If needed it is required to seek help from psychiatrist. Psychiatrist has to play important role to deal with not only mental health issues but also to help patients and family members to lead a normal and enjoyable life. Patients suffering from infertility should start treatment as early as possible and take good care of mental health with support of family members. By this way we will be able to expect good result of treatment and can ensure a healthy family life.

Biography:

Dr Sadya Tarannum, Psychiatrist from Bangladesh, Completed MD in Psychiatry in 2016, working as Assistant Professor in the Department of Psychiatry in Khwaja Yunus Ali Medical College Hospital, Sirajgonj, Bangladesh. Sadya has total 10 publications both in national and international peer reviewed journal and conferences. Sadya has special interest in Promoting women's and children's mental health. Sadya wants to establish a challenging carrier in the field of Psychiatry Using her academic knowledge and practical exposure.

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