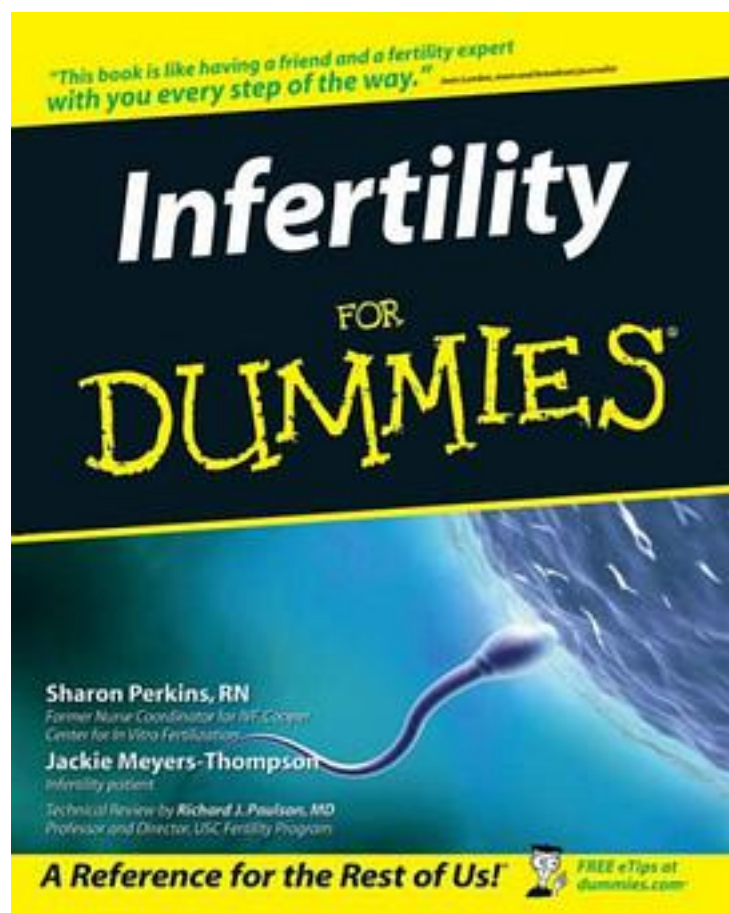


# Infertility For Dummies (For Dummies (Health & Fitness))



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出版者:For Dummies

出版时间:2007-03-12

装帧:Paperback

isbn:9780470115183

Are you having problems becoming pregnant? You're not alone; over 7.2 million Americans are facing the same challenges of infertility. Though some non-experts say

that it's all a matter of relaxation or taking medication, you need clear, straightforward, and trustworthy answers from healthcare professionals without feeling insulted, humiliated, or scared. Written with compassion as well as professional knowledge, *Infertility for Dummies* combines comfort and expertise to walk you through your journey to becoming pregnant. This plain-English guide explains how infertility affects both men and women, while covering the latest treatments. It covers all key areas, including: Determining if you are infertile Maintaining a healthy relationship with your partner Making healthy pre-conception lifestyle changes Understanding the male and female anatomy Techniques for timing your conception Different ways to diagnose infertility Dealing with early pregnancy loss Finding the right doctor Different types of alternative insemination New advances and concerns in infertility Improving your chances of conceiving *Infertility for Dummies* includes strategies for dealing with family and friends — what to expect from them, how to deal with inappropriate comments, and understanding that they are just trying to help. This book also provides the names and profiles of fertility medications and where you can find them.

作者介绍:

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