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#### **Sociodemographic features and smoking status in female infertility**

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**Background & Aim:** Being able to have children has an important positive effect on the future lives. Infertility is an important health issue and smoking significantly increases the risk of infertility in both men and women. Infertility is associated with some long-term chronic medical conditions (Such as diabetes, thyroid dysfunction, hypertension, hyperlipidemia, anemia, obesity). In industrialized countries, being overweight/obese and sedentary lifestyle are often found to be the principal causes of female infertility. We aimed to investigate the smoking status, sociodemographic and anthropometric features in female infertility in this study.

**Method:** This descriptive study consisted of 701 infertile women aged between 20-42 years who applied for examination of infertility to the family medicine outpatient clinic. Age, education, own and husband's occupation, pregnancy history, general health and smoking status were examined. Anthropometric measurements were done.

**Results:** The participants had a mean age of  $29.9 \pm 4.4$  years, marriage age  $22.1 \pm 4.1$  years, marriage duration  $7.5 \pm 4.1$  years. Of the respondents, 53.9% had primary school education, and only 18.0% had university degree, 81.6% were housewives and 7.6% were current smokers. Only six cases were diagnosed as secondary infertility and 56.9% were overweight and obese. 14.8% were relatives with his husband. The husbands mean age was  $32.5 \pm 4.4$  years. Of the husbands, 39.7% were worker, 30.1% were trades, 25.7% were officers and the rate of smoking was 49.4%. Brucella agglutination was positive in 19 women, 11 (1.5%) HBsAg positive, 18 (2.5%) diabetes mellitus, 111 (15.9%) impaired fasting glucose, 63 (9.0%) hypertensive, 135 (19.3%) anemic (Hemoglobin level  $< 12$ gr/dl), 11 (1.5%) hypothyroidic.

**Conclusion:** Obesity, a history of long-term health problems, smoking, some infectious diseases were the factors independently associated with infertility. These problems must be treated before the infertility therapy. Healthy lifestyle habits can lower the risk of becoming obese and developing comorbid diseases

