

**Predictors of Fertility among Egyptian Females at Reproductive Age at  
El-Manial Maternity Hospital**

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**Abstract**

**Background** The most common and well documented risk factors which can contribute to female infertility include over weight or underweight; hormonal imbalances; fibroid; reduced oocyte quality; chromosomal abnormalities; sexually transmitted diseases; age older than 27; history of pelvic inflammatory diseases; smoking and alcohol intake; and immune system disorders.

**Aim** of this study was to explore the predictors that might affect Egyptian female fertility.

**.Subject &Methods**

**Design:** A Descriptive design was adopted in this study to explore the predictors that might affect Egyptian female fertility.

**Sample,** a total of 300 married infertile women was recruited from the outpatient gynecological clinic at El Manial Maternity Hospital, Cairo University, Egypt according to the certain criteria.

**Tools** utilized for Data collection were collected by using an interviewing questionnaire schedule.

**Results of the present study** revealed that age of the woman (P=0.008); age at marriage (P=0.007); BMI (P=0.010); eat snacks (P=0.043); fatty saturated diet (P=0.029); polycystic ovary (P=0.040); cervicitis (P=0.012); utilized contraceptive methods (P<0.001); frequency of sexual intercourse/week (P=0.028) were a predictors that might affect the female fertility.

**The study concluded that,** the women with the following profile: older age at marriage, overweight and obese, depending on fatty saturated diet, eat snacks, had history of polycystic ovarian syndromes, had cervicitis, used contraceptive methods, might be at risk for the occurrence of infertility.

**Recommendation,** based on the findings of the present research the following recommendation is suggested: Raise women's awareness regarding to adopting healthy life style as follow dietary program and practice exercising.

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**Key words:** Predictors - Fertility –Reproductive Age

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