

Thyroid Health & Fertility

Thyroid dysfunction is associated with both male & female infertility, making it difficult to conceive

Symptoms

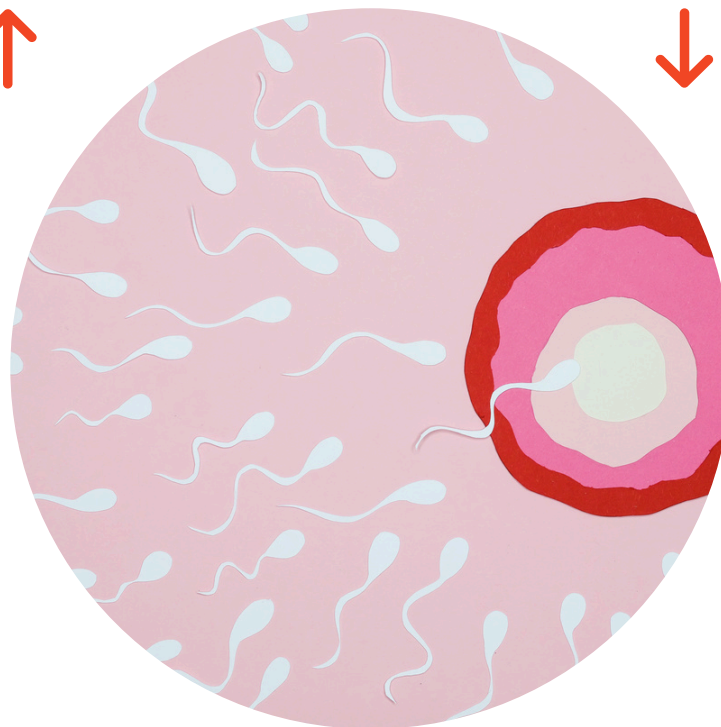
The Thyroid-Fertility Connection

The thyroid gland produces hormones essential for regulating the menstrual cycle, ovulation, sperm production and overall reproductive health. Since every cell in the body has receptors for these hormones, any disruption in their production, conversion, or absorption can lead to thyroid dysfunction—either an overactive thyroid (hyperthyroidism) or an underactive thyroid (hypothyroidism). Such imbalances can significantly affect fertility in both men and women, potentially hindering conception or the ability to carry a pregnancy to term.

Fertility & Hyperthyroidism



- Overactive thyroid function can lead to:
- Fewer and lighter periods
 - Reduced egg quality
 - Unexplained weight loss which can disrupt the menstrual cycle
 - Reduced sperm quantity, quality and motility



Fertility & Hypothyroidism



- Underactive thyroid function can lead to:
- Irregular menstrual cycles
 - Irregular or absent ovulation
 - Affect the health of the uterine lining, impacting implantation
 - Low libido
 - Increased risk of miscarriage
 - Reduced sperm morphology

Test & Assess

A thyroid function test is essential when planning or having difficulty to conceive. Testing ensures that thyroid function and potential disorders can be detected early. This will help determine what course of action can be taken to improve reproductive health and fertility outcomes. Ask your GP for a thyroid panel.

Diet & Nutrition

Diet & Lifestyle support for thyroid-related fertility issues

Diet can play an important role in supporting thyroid health for fertility. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach.

