

# Everything you need to know about secondary infertility

If you've gotten pregnant and given birth in the past, it may seem like a no-brainer that you'll be able to do so again if you'd like to. But fertility issues can happen at any time, even if you've never struggled with them in the past. This is known as secondary infertility.



## What is secondary infertility?

Secondary infertility is when you've had at least one child without using fertility interventions (like IVF, IUI, or medication), but are unable to conceive again after 12 months of actively trying, or 6 months of actively trying if the female partner is over age 35.

According to the Mayo Clinic, between 10% and 15% of couples will struggle to conceive without assistance. And the Cleveland Clinic says that secondary infertility is "just as common" as primary infertility—because many of the same factors are behind it.

## What can cause secondary infertility?

"Secondary infertility has a whole host of possible causes," says Maven Reproductive Endocrinologist Wael Salem, MD. Most are the same reasons someone might experience primary infertility, but some situations, like reversing a tube tie or vasectomy, may be unique to secondary infertility.

## What are the treatment options for secondary infertility?

Regardless of whether you're dealing with primary or secondary infertility, the first step is getting checked out by a fertility doctor. You and your partner will undergo blood tests and a physical exam to try to locate any issues. The next steps will depend on what the tests showed, but your doctor may recommend timing intercourse to ovulation, using medication to regulate ovulation, IUI, IVF, or using donor sperm, eggs, or embryos. Your fertility doctor will make a personal recommendation based on your situation.

## How can Maven help navigate secondary infertility?

If you're struggling with secondary infertility, having a supportive care team can make the process easier and less stressful. Your Maven Care Advocate can help you find high quality fertility clinic options in your area, and tell you about Maven Fertility Clinic Partners—clinics specifically vetted by Maven. Through Maven, you can also virtually connect with a variety of providers to help you navigate your fertility journey.

Maven offers connections to more than 30 types of providers, including:

- Fertility Awareness Educators
- Reproductive Endocrinologists
- OB/GYNs
- Mental Health Providers
- Men's Health Nurse Practitioners
- Egg Donor Consultants

The best part? Your access to Maven is fully covered by your employer or health plan.



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