

Approximately 1 in every 8 couples has trouble getting or staying pregnant; that is over 12% of couples in the United States. This may be a surprising number given many people do not talk about their or their family's fertility challenges. Approximately a third of infertility and miscarriage is attributed to the male partner, a third attributed to the female partner, and a third attributed to a combination of both partners, or remains unknown (according to the [American Society for Reproductive Medicine](#)).

[Genetic counseling](#) and [genetic testing](#) may help determine an underlying cause for infertility or multiple miscarriages. In addition, it can also come with opportunities for appropriate screenings or changes in medical management.

It is important to remember that regardless of the cause for infertility or miscarriage, no one is to blame. When an underlying cause of infertility or miscarriage is found, it is often due to something the individual affected had no idea they had, and has no control over. Identifying why someone is having trouble conceiving can be powerful information, as it can determine what the best next step is to help someone start a family. The first step in that process is attempting to determine the underlying cause:

- [Maternal causes of infertility and miscarriage](#)
- [Paternal causes of infertility and miscarriage](#)
- [Both Maternal AND Paternal causes of infertility and miscarriage](#)
- [How can a genetic counselor help?](#)

Click [here](#) to learn more about scheduling a genetic counseling appointment for infertility or preconception questions.

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