

## **CERTIFIED FERTILITY COUNSELOR COURSE - FINAL– QUESTION & ANSWERS**

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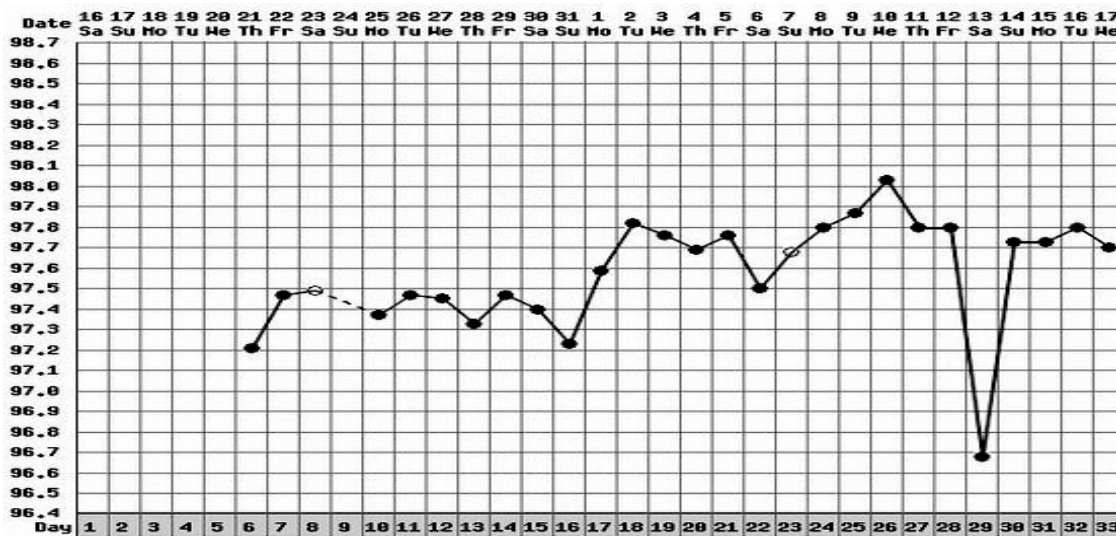
E-MAIL: \_\_\_\_\_

Please be sure to fill out the information above, complete the test and e-mail it back to us at [myeggandme@amandabears.com](mailto:myeggandme@amandabears.com). We will grade your question & answer session and will let you know if we have any questions or concerns.

Please complete the Certified Fertility Counselor Course final as instructed. You will have case studies, and there will be research to be completed. Please complete each question.

1. Define Fertility, Secondary Infertility, and Infertility.
2. How many Couples in the United States suffer from infertility?
3. What factors can cause infertility?
4. There are three phases of the menstrual cycle, what are they and what are their functions?
5. Explain Lunar cycles, and what are the nine phases of the moon in a fertility cycle?
6. What should couples expect during a preconception visit, and what questions should be asked to the doctor during a preconception visit?
7. What is the preovulatory preparation during the follicular phase?
8. How many average follicles start to mature during the follicular phase?
9. What is the average size of a mature dominant follicle?
10. What size does a follicle have to be to see on an ultrasound?
11. What does estrogen do during the follicular phase?
12. What are the parts of a follicle, and what are their functions?
13. What is a Graafian follicle?
14. What is controlled by the Anterior Pituitary gland?
15. Name the six main hormones the Anterior Pituitary gland produces, and what they are responsible for.
16. Hormones produced by the Pituitary gland connect how, explain.

17. There are three varieties of estrogens produced in the female body, what are they and what are their roles?
18. How is testosterone produced in the female body?
19. What causes the endometrial lining to thicken?
20. What is the thickness of the endometrial lining before and after ovulation?
21. What can cause abnormal endometrial lining?
22. What are the two types of factors when it comes to the human egg cell, and what makes them differ?
23. Ovulation is delicate, what can interfere with ovulation, including any medications?
24. How is ovulation predicted or tracked using what tools?
25. In this Basal Body Chart, identify if ovulation occurred (if so when?), and what conditions can cause this chart to be erratic.



26. A client reads you her basal body temperatures over the last few days during what was thought to be her fertile time inquiring if ovulation occurred or not. Her temperatures are as follows: 97.4 F, 97.9 F, 97.7 F, 97.7 F, 97.2 F; did she ovulate, why or what not?
27. What would you suggest to someone who had a pH balance of three and has been trying to get pregnant for over six months.
28. What does the fade in fade out pattern mean with ovulation prediction kits?
29. What is a coverline?

30. One of the largest cells in the human body is \_\_\_\_\_.
31. What makes it possible for the fallopian tube to gather and pick up the ovum?
32. A mature sperm is called \_\_\_\_\_.
33. The smallest cell in the male human body is \_\_\_\_\_.
34. How long does it take for one spermatocyte to mature and develop. Once fully developed, how does the spermatocyte get to the rete testis?
35. How much spermatozoa is contained in each ejaculate?
36. How much sperm does a man produce in a single day?
37. What is the average rate sperm swim at?
38. At what temperature does the testis need to be in order for sperm to develop?
39. Does pH balance have an effect on sperm, if so explain your answer.
40. How long does it take for the sperm to reach the ovum?
41. Define Quantity, Quality, and Motility in reference to sperm count
42. What hormones play a role in male fertility?
43. What will be tested when going to a sperm analysis?
44. What is the percent of normal average motility in a sperm count?
45. Determine these readings of a sperm analysis, conclude your findings:  
Count: 16 Million per mL  
Motility: 30% to 3  
Morphology: Normal Semen: pH 6.2 Fructose: 160mg/dL
46. What should the normal white blood cell count be in semen?
47. Explain how fertilization takes place, starting with the first phase of the cumulus.
48. Explain the development and formation after sperm and egg fertilize from day one to day five.
49. At what stage of fertilization does implantation take place and how long does implantation take to complete?
50. How long after implantation takes place can the human chorionic gonadotropin hormone be detected on a home pregnancy test?
51. Explain what the difference is between early pregnancy symptoms and progesterone.

52. Normal level of progesterone secreted during the luteal phase is?
53. The term "Yellow Body" means?
54. Progesterone is secreted by the \_\_\_\_\_ .
55. If progesterone levels are too low in the luteal phase, describe what could happen.
56. What is a luteal phase defect and what are the causes?
57. A normal luteal phase length is 12 to 14 days. T/F
58. What is the normal bleeding during the average menstrual bleed?
59. Clotting can be normal during menstrual bleeding, however what is not normal?
60. How many women suffer from early miscarriages a year?
61. Define ectopic, chemical pregnancy, molar pregnancy, blighted ovum.
62. What prevents blood from clotting?
63. Describe heavy and light bleeding during a menstrual bleed.
64. What can cause mid-cycle bleeding?
65. What is Polymenorrhea and causes?
66. What is Metrorrhagia and causes?
67. What is Hypomenorrhea and causes?
68. What is Oligomenorrhea and causes?
69. What is Dysmenorrhea and causes?
70. What options are there for menstrual bleeding sanitary napkins?
71. What autoimmune diseases can affect fertility?
72. What tests are included in a blood panel for female infertility testing?
73. Read the following blood panel, and determine if this woman has a normal or abnormal panel:  
FSH: Day 3: 6mIU/mL  
E2: Day 3: 80pg/mL  
LH: Day 3: 10mIU/mL  
P4: Day 3: 2.1ng  
Prolactin: Day 3: 30ng/m  
Androgen: Day 3: 42ng

74. Define the following:

IUI

ICSI

IVF

IU

75. What is used for ovulation induction?

76. What would you suggest to someone who has ovulation infertility issues?

77. What would you suggest to someone who has Polycyclic ovarian syndrome?

78. What six foods from the fertility boosting team would be good for those with polycyclic ovarian syndrome?

79. What would you suggest to someone who has endometriosis?

80. What would you suggest to someone who has low sperm count and morphology?

81. What herbs and dietary changes can help with those who have imbalanced hormones?

82. What herbs and dietary changes can help with those who have high prolactin levels?