



## Pitfalls of Self-Medication and Infertility

In recent years, there has been a noticeable increase in the number of web-based advertisements trying to encourage men, women and couples suffering from infertility to purchase a myriad of typically-prescribed medicines online "without a prescription." And, truth be told, it's a huge temptation, especially for individuals who want to save money; after all, if they can avoid a trip to the doctor's office and save money on medications like Clomid, why shouldn't they. Right?

Wrong.

It's vital not to self-medicate for infertility concerns. Infertility isn't a one-size-fits-all diagnosis. This means the wrong choices in medications could have long-term effects.

Patients with fertility problems should never arbitrarily choose the medicines they feel will work best for them. Doing so could actually complicate their issues, especially if they haven't first obtained a doctor's assessment.

Besides, there's no way to tell if the so-called "top of the line medicines" being touted online are proper strength. Sure, a website may tell you they are, but there's no way to know if that's accurate or not. Some "infertility" drugs may be nothing more than pills filled with sugar, cornstarch or another item. Additionally, they may not be approved by the FDA.

Consumers must always exercise good judgment and avoid self-treating infertility through drugs hocked via the Internet. Sure, the ad copy might sound legit and enticing, but there's no telling what the "medications" they sell actually contain. They might be the wrong dose or prescription for your personal situation... or, in a worst case scenario, they might even be deadly.

As with any other medical issue, it's best to consult with a physician rather than take the word of an advertisement or spam email. Don't choose a detour that could cost you time, money and, quite possibly, your health.