

# INDICATION OF AN OVULATION PROBLEM

## AND WHAT CAN BE DONE AT HOME

### SIGNS



Periods irregularity



No menstruation cycle (amenorrhea)



Absence of ovulation-related symptoms



Negative ovulation predictor test results

### EFFECTIVE WAYS TO INCREASE THE CHANCES OF OVULATION



Maintain body weight as per the height



Avoid exercising vigorously



Do not make drastic dietary changes



Stay away from stress