



## [A Story of Health](#)

Illustrated Multimedia eBook

New chapter!

### Reiko & Toshio's Story: Infertility/Reproductive health

A new chapter in [A Story of Health](#) introduces Reiko and Toshio, a Japanese-American couple, former college sweethearts now married. Thrilled with anticipation of having children, they are frustrated because Reiko is not yet pregnant after more than a year. This story follows Reiko and Toshio as they seek to understand why, weigh their options and decide what to do.

Reiko and Toshio are not alone. Infertility steadily increased in the US during the latter 20<sup>th</sup> century. Although recent trends are difficult to determine, about one in ten women of reproductive age in the US who want to have a child, including many who are relatively young, are unable. But this is not just a women's problem. Female-, male-, and couple-related factors are responsible for infertility in roughly equal proportions. This chapter investigates the diverse biologic, environmental, lifestyle, and social variables that alone or in combination can influence reproductive health.

Written for health care providers, prospective parents, public and environmental health advocates, educators and policy makers, the story includes links to videos featuring medical and scientific experts, infographics, authoritative articles, and abundant references—a rich, engaging learning experience.

Reiko and Toshio consult with primary care clinicians and specialists as they learn more about infertility. They make substantive lifestyle changes while recognizing that some environmental contributors to infertility can be reduced only through broader, community-wide policy interventions.

Spoiler alert. Happily, Reiko and Toshio are ultimately able to conceive after a dogged, complex journey. But some people are not as fortunate. This story again shows that how we live, eat, work and play can profoundly influence our health—including our ability to reproduce and have healthy children.

These are not just individual lifestyle choices. People live within families, communities, ecosystems and societies. Dynamic interdependence is a dominant feature of this ecologic framework. Early life experiences, especially during sensitive windows of development, can have lifelong beneficial or detrimental effects.

Promoting health and preventing disease require efforts from people and institutions at every level. Wise personal lifestyle choices and good medical care are important but not enough. Using the power of personal narrative, [A Story of Health](#) highlights concrete opportunities to improve individual, public, and environmental health.

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Health professionals can register for free continuing education credits (CE) through the Centers for Disease Control and Prevention (CDC) with ATSDR hosting the [CE accreditation pages](#).

The first installment of the eBook, with chapters on asthma, developmental disabilities and childhood leukemia, is also available to [download for free](#).

[A Story of Health](#) has been developed in a collaboration among the federal [Agency for Toxic Substances and Disease Registry \(ATSDR\)](#), the [Center for Integrative Research on Childhood Leukemia and the Environment \(CIRCLE\) at the University of California, Berkeley](#), [Collaborative on Health and the Environment \(CHE\)](#), the [Office of Environmental Health Hazard Assessment, California EPA \(OEHHA\)](#), the [Science and Environmental Health Network \(SEHN\)](#), and the [Western States Pediatric Environmental Health Specialty Unit \(PEHSU\)](#)