

Muslims and Infertility

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It is often assumed that Muslims with uteruses are responsible for a couple's inability to have a child, but those without uteruses are just as likely to be medically responsible for an infertility struggle. Medically, infertility is a result of many factors - 1/3 being a female factor, 1/3 male factor and 1/3 both parties. Those who identify as or are perceived as women are often blamed for the lack of fertility, which can lead to conflict with a spouse and other family members. In Muslim communities, those with fertility issues may be stigmatized and ostracized by members of their family and community. Muslims who are shamed for their infertility can likely experience psychological distress.

A lack of information and misconceptions can lead to insensitive and sometimes hurtful comments and it can be very difficult to speak to family and friends about fertility issues. Two conditions which are major causes of infertility, PCOS and endometriosis, disproportionately affect Black, Asian, and racially marginalized people with uteruses. There is little to no representation of infertility among BIPOC Muslims, which can leave these women feeling isolated and afraid.

