

Do you want to have kids in the future?

9 THINGS YOU SHOULD KNOW



Both male and female fertility declines with age, especially after age 35 for females and age 40 for males. Females are born with all their eggs whereas males produce sperm from puberty for the rest of their lives.



Males produce about 100 million sperm in one ejaculation. Females produce one egg, once a month, ovulating about 500 eggs in their lifetime.



The fertile window is the 5 days before the egg is released and the day of ovulation. Having sex during this time gives the best chance of getting pregnant. Do not rely on a period tracking app to know when you are ovulating as they are not always reliable.



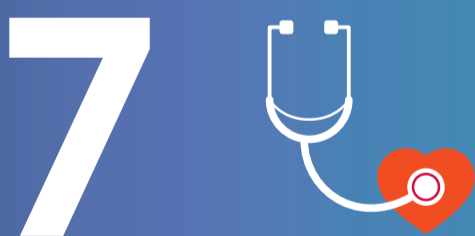
Fertility is ageist. Females younger than 30 have a 25% chance of getting pregnant each month. This drops to 5% at 40. When the male partner is over the age of 40, it takes longer to get pregnant, and the risk of miscarriage is higher.



Aim to be as healthy as possible before trying for a baby. Eat healthy food, exercise regularly and sleep well. You can increase the chance of pregnancy by stopping smoking and vaping and reducing alcohol intake.



Most women with regular periods get pregnant within a year of trying. If you have been trying for 12 months or more without success, you may have a fertility problem and it might be time to talk to your doctor.



Your fertility can be affected by many factors including sexually transmitted infections, menstrual problems, PCOS and endometriosis. Anabolic steroids, some environmental pollutants and workplace chemicals can also affect fertility. Talk to your doctor if you have concerns.



Fertility treatment such as IVF is not guaranteed to work. The chance of having a baby after one attempt is around 30% for females under age 35, but less than 10% for females aged between 40 and 44 and over 45, it's almost zero.



Fertility treatment can help many different people achieve their goal of having a family: heterosexual couples, same-sex couples, gender diverse and single people. A fertility expert can discuss your options with you.

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