



FERTILITY FACTS



1 in 6

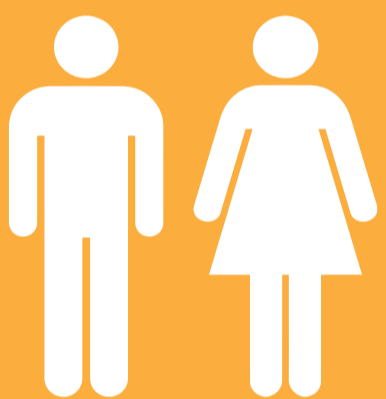
**WILL EXPERIENCE
DIFFICULTY
GETTING PREGNANT**



**LOW
FERTILITY
CAN AFFECT
MEN & WOMEN**



EQUALLY



FERTILITY IN WOMEN

OVULATION PROBLEMS ARE THE MOST COMMON REASON FOR LOW FERTILITY IN WOMEN

- Endometriosis or pelvic inflammatory disease can block the fallopian tube
- Fibroids affecting the lining of the uterus can cause problems for implantation
- Fertility decreases with Age

FERTILITY IN MEN


FERTILITY ISSUES IN MEN CAN BE CAUSED BY:

- Low or non-existent sperm count
- Poor quality of sperm causing it to not reach or fertilised the egg
- Male fertility also decreases with age






WHAT YOU CAN DO TO IMPROVE YOUR CHANCES

ADOPT A HEALTHY LIFESTYLE

-  No Smoking
-  Minimal Alcohol
-  Healthy Diet
-  Maintain a normal weight
-  Avoid over exercising
-  Control stress
-  Review any medication

THE RIGHT TIME TIME FOR SEX

-  Ovulation starts 14 day before your period.
-  The egg only lasts for 24 hours so having sex at the right time is important.
-  Regular sex throughout the cycle can help maximise sperm quality but if timing intercourse it is best to have intercourse starting 5 days before expected date of ovulation and continuing for one day after ovulation

FERTILITY TESTS

FERTILITY TESTING AT THE WELL WOMAN CLINIC CAN HELP YOU UNDERSTAND YOUR FERTILITY IT INVOLVES 2 SETS OF BLOOD TESTS.

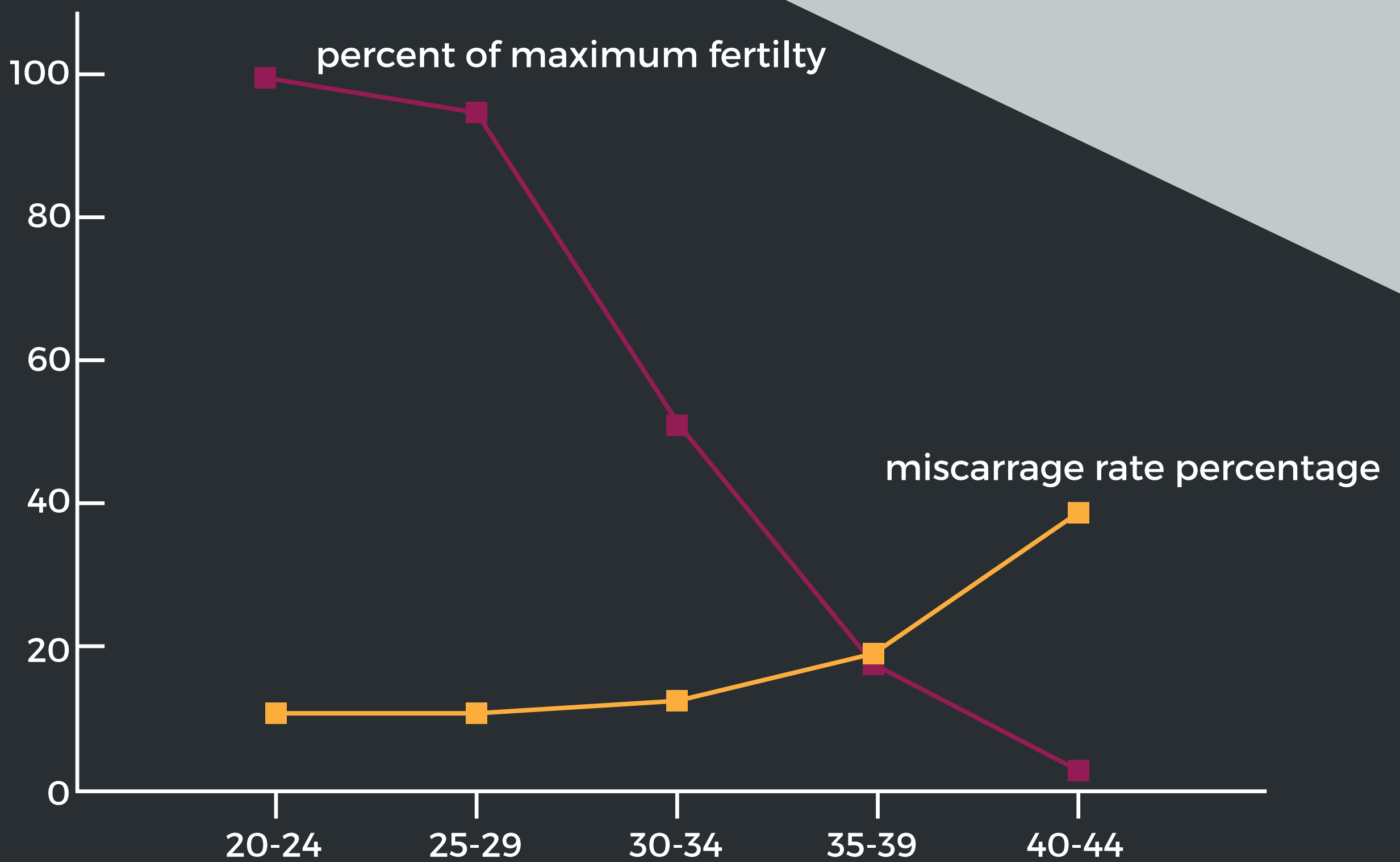
1st between day 2 and 5 of the cycle

2nd 7 days before your next period



The tests check for ovulation, and also for other hormones that can affect your fertility. Based on these tests we can support you in the next steps of your fertility journey.

FEMALE FERTILITY & RISK OF MISCARRAGE BY AGE GROUP



ref Speroff 2004

