

FERTILITY FACTS:

Know More. Start Asking.

www.MyFertilityFacts.com

KNOW THE FACTS?

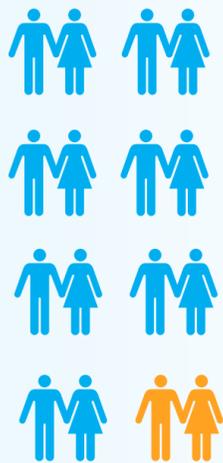
1

MYTH

INFERTILITY WON'T HAPPEN TO ME.

FACT

Infertility is more common than you think. About **1 in 8 couples have trouble getting pregnant**, or sustaining pregnancy.¹



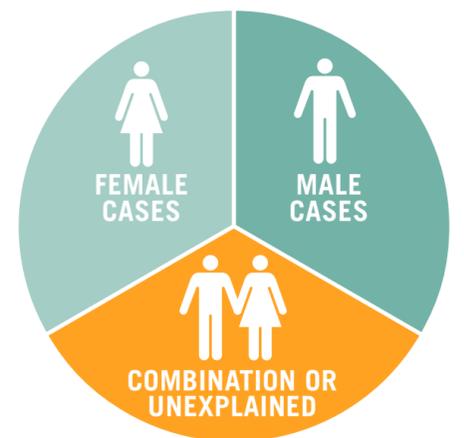
2

MYTH

INFERTILITY IS CAUSED BY THE FEMALE.

FACT

Actually, it is equally likely to be caused by **male and female factors**. The remaining one-third of cases are caused by a mixture of male and female issues or by unknown reasons. It's essential that both men and women learn the fertility facts and both consider being evaluated during an infertility work-up.²



3

MYTH

I DON'T FEEL 35. AGE WON'T AFFECT MY FERTILITY.

FACT

Healthy living can boost your fertility potential, but it cannot reverse the effect of age on eggs and sperm. Most women are born with approximately 1-2 million eggs but by puberty the total has already dropped to about half a million. The ovarian reserve will continue to decline with age and most notably after the age of 35. In addition to the quantity, the quality of the eggs decreases with age as well.³⁻⁴

4

MYTH

WAIT A YEAR BEFORE SEEING A DOCTOR.

FACT

It's never too early to talk to your doctor about your fertility. Particularly if you and your partner are age 35 or older, if you have frequently irregular periods or conditions such as polycystic ovary syndrome (PCOS), if you've had surgery or other conditions that might alter your fertility, or if the male partner has reason to believe he may have a low sperm count, it's best to talk with your doctor about your options in advance.⁵



5

MYTH

MAKING AN APPOINTMENT WITH A REPRODUCTIVE HEALTH SPECIALIST AUTOMATICALLY MEANS IVF.

FACT

Making an appointment doesn't mean you will automatically begin infertility treatment. In fact, most reproductive health specialists offer checkups, sometimes called "Fertility Awareness Check-Ups", which can include a number of tests to check ovarian reserve and semen quality:



- > AMH test
- > FSH blood test
- > Estradiol test
- > Vaginal ultrasound
- > Semen analysis
- > And many more



FETAL LIFE



BIRTH



PUBERTY



TOTAL OVULATED DURING LIFETIME

Whether you're planning to start a family now, or think you may want to in the future, there's no better time to get to know the real Fertility Facts.

Know More. Start Asking. | www.MyFertilityFacts.com

¹ "Fast Facts About Infertility." RESOLVE. Accessed 15 Mar. 2016. <http://www.resolve.org/about/fast-facts-about-fertility.html>.

² "Infertility Fact Sheet." Office of Women's Health at the U.S. Department of Health and Human Services. 16 July 2012. Available at: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/infertility.html#c>.

³ "Understanding Ovulation." RESOLVE. Accessed 15 Mar. 2016. <http://www.resolve.org/about-infertility/understanding-my-body/understanding-ovulation.html>. Accessed on March 15, 2016.

⁴ "The Female Reproductive System." The Cleveland Clinic. Accessed 15 Mar. 2016. https://my.clevelandclinic.org/health/diseases_conditions/hic_the_female_reproductive_system.

⁵ "Do You Need to See A Specialist?" RESOLVE. Accessed 15 Mar. 2016. <http://www.resolve.org/about-infertility/what-is-infertility/do-you-need-to-see-a-specialist.html>.

