

# TEN TIPS FOR FERTILITY



- 1 The basics:** Sperm live for two to four days in the female reproductive tract. The egg lives for 24 hours after it is released. It takes most women 6-12 months to conceive. The over-the-counter ovulation kits can be very helpful in predicting ovulation and timing conception.
- 2 Improving fertility:** Refrain from smoking and drugs. Live a healthy lifestyle with exercise and low stress. Prioritize good nutrition: proper nutrients contribute to a healthy egg, strong sperm, strong DNA, fertilization, implantation, and a successful pregnancy.
- 3 Be compassionate with yourself:** Struggling with infertility can be very stressful and discouraging. Seek support from a therapist, support group, your partner or friends.
- 4 Types of infertility in women and men:** *Female infertility*- Ovulation cycle is inconsistent. The fallopian tubes don't function properly. The uterine environment may have an abnormality. *Male infertility*- Sperm issues; weak movement, poor shape and low volume count. Sexual dysfunction and genetic issues.
- 5 Choosing a practitioner:** If testing shows a significant factor, seek the care of a reproductive endocrinologist and fertility subspecialist. The American Society for Reproductive Medicine and the Society for Assisted Reproductive Technology are helpful organizations.
- 6 Safety of Fertility Drugs:** The studies are good regarding fertility drugs and breast cancer, ovarian cancer and uterine cancer. There are some side effects such as mood swings and hot flashes with Clomid. Injectable FSH only stimulates the ovaries and is very natural.
- 7 Boosting progesterone:** Tablets, capsules, and gels can help with implantation. Boosting progesterone can strengthen the second half of the cycle.
- 8 Miscarriages are common:** One in four women will experience a miscarriage. Women age 35 have a miscarriage rate of 15%; it increases to 30% at age 40, and 50% at age 45. A chromosomally abnormal embryo is the most common reason for miscarriage. IVF by itself does not cause an increase in miscarriages.
- 9 Woman can protect their fertility:** A women delaying childbearing can freeze or preserve her eggs. If she does this, when she is 39, her eggs will still be 29 and they will function as they did at 29. The fertility is, in effect, preserved to a younger age.
- 10 Don't give up:** It may not come out the way you want it to, but if you want to be a mother, by one way or another, you can be a mother.

The following expert interviews contributed to this "Ten Tips for Fertility": Daoshing Ni, DOM, LAC, PhD, DiplCH, Dani Klein Modisett, Hal Danzer, MD, Kari Sproul, MD, Kristin Bendikson, MD, and Richard Marrs, MD.