

# 9 things you should know if you want a baby in the future

1

Women or people with ovaries are born with all the eggs they will have. Fertility starts to decline after the age of 35. For men or people with testes, sperm also start to decline over the age of 45. Hence, it's best to plan and start trying sooner rather than later.

2

Eating healthy, exercising regularly, not smoking and limiting alcohol are all positive things you can do to help ensure you are as healthy as possible for a pregnancy.

3

For men or people with testes, around 100-200 million sperm are produced in one ejaculation. For women or people with ovaries, ovulation only occurs once a month. Ovulating around 400-500 eggs in their whole lifetime.

4

There is only a 6-day window where pregnancy is possible. Having lots of sex during this time boosts your chances of pregnancy. Unsure when this is? Book an appointment with me to learn how to identify your fertile window!

5

Both eggs and sperm take 3 months to grow. Hence, both partners need to ensure they are as healthy as possible before trying to conceive. As the eggs and sperm, you see today are from 3 months ago!

6

Trying for a baby is a team sport. The health of both you and your partner is essential for the health of your eggs and sperm and the overall health of your future baby. Ensure you keep this in mind.

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If you are planning to start trying to conceive a good place to start is to see your doctor. They can do a checkup, take some blood tests and check any medications you are both taking to ensure there is no risk to you or your future baby.

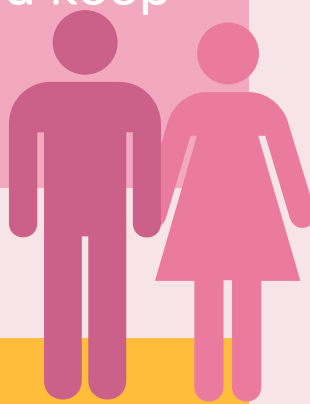


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80% of couples conceive after one year of regular unprotected sex. If you have been trying for more than 12 months or six months if over the age of 35, it's time to book an appointment with your doctor to discuss this further.

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IVF will not always be the answer to infertility. For women or people who menstruate under 35 years of age, there is around a 30% chance of success. This declines as you get older. Those over 45 years of age have around <5% chance.



## References:

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