

# Family Life

## When Planning A Family Is A Challenge

(NAPSA)—Many couples are getting married and starting families in their 30s—often a lot later than they'd planned.

While women 25-29 have the highest birth rates, births to older women are increasing significantly, with many women becoming first-time moms in their 30s and 40s. According to the National Center for Health Statistics, birth rates for women ages 35 to 39 are up 43 percent between 1990 and 2004.

Waiting to start a family is often complicated by the fact that it can take an older couple longer to conceive. Added to the emotional turmoil couples experience when trying time and time again is the financial burden it also imposes.

Kinsey and Don Eliot tried conceiving for four years before Kinsey actually became pregnant.

"Between the doctors visits, the home pregnancy tests and the medications we used in order to conceive a child, we ended up spending a lot more than your average couple to have a child," said Kinsey. "I was using about four to five pregnancy tests alone in a month. And at \$15 to \$20 a test, it wasn't cheap."

Many couples tend to think that financial planning for a baby should begin when the baby is born. Many don't expect the financial burden associated with trying to conceive.

One small way couples can reduce the burden is to use new refillable test systems. For example, a new digital test called Confirm Clearly offers virtually



**Using refillable pregnancy tests is one easy way that couples can reduce the financial burden of family planning.**

unlimited use with a refillable reader and disposable test sticks. Because users only have to buy the refillable test reader once, Confirm Clearly offers a great value. Refills generally lower the cost to approximately \$5.00 a test.

"For many patients who are trying to conceive, there can be a big emotional impact on their lives. What they don't prepare for is the huge financial burden that can come as well," said Dr. Julie DaVolio of Plano Women's Healthcare in Texas.

"If I had a refillable test at the time or a test that was more cost effective, it would have saved us a lot of time, a lot of money and a lot of stress," said Kinsey. "With the refillable tests, you have those on hand for future use and I think it would help a lot of people trying to conceive."

For more information, visit [www.confirmclearly.com](http://www.confirmclearly.com).