

# Baby, Maybe? National Survey Reveals Nearly All Couples Struggling To Conceive Wish They Visited A Fertility Specialist Sooner

(NAPSA)—More than 7.3 million Americans, or one in eight couples of childbearing age, struggle with fertility problems. Despite this startling number, a new national survey of 585 men and women has uncovered that half of these couples agree they may have waited too long to get pregnant; ninety-one percent of those currently receiving fertility treatment wish they had seen a fertility specialist sooner; and 65 percent said it never occurred to them that they may have trouble conceiving—until it happened to them.

The GfK Roper survey results, available at [www.planforsomeday.com](http://www.planforsomeday.com), underscore the difficulties both women and men face when struggling to conceive.

## Seek Medical Advice Sooner Rather Than Later

While the survey found that both women and men understand the link between a woman's age and fertility, they often do not fully understand how soon a woman's fertility begins to significantly decline. Couples are advised to consult a fertility specialist called a reproductive endocrinologist if they do not have success within six months of trying to conceive and are over the age of 35. The reason? A woman's chances of having a baby decrease rapidly every year after the age of 30. By age 40, a woman's chance of conceiving is only five percent per month.

### Is It Time To Talk To A Fertility Specialist?

Women should consider seeing a fertility specialist if they are:

- Age 35 and over and have been trying to conceive for six months.
- Under age 35 and have been trying to conceive for one year.
- Regardless of age, any woman who has irregular menstrual cycles and has been trying to conceive for six months should see her health care provider.

Visit [www.planforsomeday.com](http://www.planforsomeday.com) to learn more about how to navigate your fertility journey, from initial testing, to treatment options, to tips for communicating with your health care provider.



“Couples struggling to get pregnant clearly experience a roller-coaster ride of emotions,” said Alice D. Domar, Ph.D., psychologist and executive director, The Domar Center for Mind/Body Health, Boston IVF. “It is important for patients to understand factors like age and medical conditions that may negatively impact their ability to conceive, and quickly seek treatment from a specialist when they suspect there may be a problem.”

## Escalated Pressures

According to the survey, both men and women reported that stress and tension in their relationship have increased since they first started trying to con-

ceive. More than half of the men and women surveyed said they find themselves trying to hide their feelings from their partner, and 55 percent of those surveyed reported that infertility has made sex a physically and emotionally anxious time.

## Discovering Resources

According to the survey, 54 percent of men and women facing fertility problems reported feeling overwhelmed upon first trying to become pregnant; however, couples shouldn't feel alone. In addition to consulting a specialist to handle the physical side of fertility, support resources are available to assist with the psychological and social elements of trying to have a baby. Visit [www.planforsomeday.com](http://www.planforsomeday.com) for advice on coping with the emotional burden that accompanies the struggle to get pregnant; tips on how to talk to family and friends; and links to additional resources.

Online communities where women and men may share their stories and seek advice are also helpful as couples continue their fertility journey.

The survey of 585 women and men was conducted online in September 2009 by GfK Roper on behalf of Schering-Plough Corp., a subsidiary of Merck & Co., Inc. To view full survey results and get more information, visit [www.planforsomeday.com](http://www.planforsomeday.com).