

Women's Health **UPDATE**

Women Seek Natural Ways To Complete Their Families

(NAPSA)—The joys of parenthood may be easier to achieve than many couples realize. Although each year more than 7 million Americans are affected by infertility, there are many ways to increase your chances of becoming pregnant.

In the U.S. today, several factors can affect fertility, including having children at a later age and chronic diseases such as diabetes and obesity. Dr. Charles Barker, a family practice physician in Michigan explains: "In many cases, couples can improve their chance of conceiving by following some basic nutritional and behavioral advice. Living a healthy and fertile lifestyle in combination with the use of a simple at-home conception kit can help you get pregnant."

Before assuming the worst about your fertility, check out these cost-effective tips for improving your fertility at any age:

- **Stay Aware**—Your reproductive health isn't an isolated issue and there are a number of preventative factors that can lower fertility such as excessive cell phone usage, certain antidepressants, vitamin D deficiency and lack of sunlight.

- **Timing is Everything**—The chances of conceiving greatly improve when you work with your body's natural cycles, so keep track of your cycle and pinpoint the most fertile time with ovula-



Holding your baby in your arms may soon be within your reach.

tion predictors.

- **Believe in Your Body**—Tilted cervix, low sperm motility, low sperm count and hostile vaginal environment are common problems that can be overcome without medical procedures. Check out low-cost at-home techniques that can help such as cervical cap insemination, which has similar success rates to intrauterine insemination (IUI).

- **You're Not Alone. Get Connected**—Infertility affects 12 percent of women of childbearing age in the United States. For professional resources and more tips, take a look at www.webmd.com, www.conceptionkit.com or speak to a specialty pharmacist—see www.designrx.net.

For encouragement from other men and women, find an infertility support group or join one online, such as Resolve, The National Infertility Support group, at www.resolve.org.