

News for Women

Planning Now For A Family In The Future

(NAPSA)—Most everyone shares a basic plan for their life—graduate from school, land a job, meet that special someone and start a family. More and more young women are choosing to hold off on having a baby until they've established themselves and their careers.

But experts say women should be doing more than just saving money to get ready for a family in the future.

Women typically don't even think about their fertility until they're ready to conceive, often at some point in their early 30s.

It's then that some discover that one in six healthy couples of reproductive age is affected by infertility. In fact, the biggest factor that contributes to problems conceiving is age.

A woman's fertility peaks in her early 20s, begins declining around 27 and drops dramatically at age 35.

After age 40, women who do become pregnant face a 50 percent chance of miscarriage. Men are also affected by age—a man's fertility starts to decline after the age of 35.

It's not difficult to understand why women who postpone trying to conceive a child often say they are astounded to learn they cannot easily get pregnant in their late 30s or early 40s. The stories of celebrities having twins in their 40s or women in their 50s giving birth can leave the impression that fertility can be maintained. Yet the numbers demonstrate that



The biggest factor that contributes to problems conceiving is age. Both men and women may have fertility problems after age 35.

the older you are, the more difficult it is to conceive a baby.

That ticking biological clock is more than a metaphor—it's reality. And there are no fertility treatments available that can turn back the clock.

While regular exercise, eating a balanced diet and not smoking are all important factors to consider when trying to conceive, a healthy lifestyle cannot overcome the natural dip in fertility that comes with age.

If you're planning to have a family in the future, learn the facts about your fertility and factor them into your planning. And keep in mind that should you have trouble conceiving, the younger you are when you seek treatment, the better your chances for success.

For more information on fertility facts for men and women, talk with your doctor and visit www.FertilityJourney.com.