

DON'T WAIT TOO LATE

By: Mary Jutras, MSN, REIN



MANY WOMEN in their mid- to late-30s and even their early 40s who are trying to conceive are told that everything checks out fine and that they just need to keep trying. This is unfortunate since fertility decreases with age after 35. In today's world it is not uncommon for couples to delay seeking fertility treatments until later in life since that is the point at which they reach some level of



healthy society and are living longer, this does not change the fertility statistics. Remember that females are born with all the oocytes (eggs) that they will ever have and the eggs age with them. This aging renders the eggs

financial security. Women are a large part of the work force and many are marrying later in life. Not only does natural fertility decline after 35, our treatments become less effective as the couple ages. While conception rates for females at age 30 are about 20 percent per month; that percentage declines to 5 percent by age 40. While we are, in general, a more

less capable of fertilization and contributes to potential genetic problems as well. While men do make new sperm approximately

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every three months, they too have changes taking place in their sperm with aging that leads to no conception or early pregnancy loss in the female. Seeing a fertility specialist (reproductive endocrinologist) early in the fertility evaluation process can make all the difference for many couples! 🌿



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