

# PROTECT YOUR FERTILITY

*and your chance to have a little miracle.*

*Even if you delay having children, decisions you make now can impact on your ability to conceive when you feel ready. Choices you make today in your lifestyle, such as practicing safe sex, selecting healthy foods, giving up smoking and reducing your intake of alcohol can all contribute positively to your chances of having a healthy baby in the future. Did you know that the age of the female is perhaps the most important issue when it comes to being able to conceive?*

*Talk to your GP about the steps you can take to help protect your future fertility.*



## Age in women

A woman is most fertile in her 20's and early 30's. The risk of miscarriage increases at age 35 to 18% and at age 40 to 36%. By age 42, 80-90% of a woman's eggs are abnormal.



## Body Weight

12% of infertility cases are a result of either weighing too much or too little. Make sure you get advice on following a healthy eating plan..



## Age in men

Older men take up to 5 times longer to get a woman pregnant than men under 25. Sperm DNA (the genetic make up) begins to decline in a man's late 30's.



## Alcohol

There is no safe level of alcohol consumption when trying to have a baby. Moderation is the key. For the men, binge drinking is a big no.



## Smoking

If you smoke, you are probably already aware of the health risks involved. But perhaps you don't know that smoking can affect your ability to have children and causes infertility in both women and men.



## Safe sex

Sexually transmitted infections (STI's) are a leading cause of infertility and often there are no symptoms. Protect yourself by practising safe sex.



Our fertility specialists:  
Dr George Bogiatzis, Dr Kirsten Small,  
Dr James Orford, Nurse Denise Donati,  
Dr Kirsten Morrow.

**If you are unsure if your biological clock is ticking or if you have questions about your health and fertility, contact us for a complimentary, private consultation to help maximise your chances of starting your family.**

**After hours consultations available by appointment.**



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**Patient appointments now available in: Nambour - Noosa - Kawana - Bundaberg**

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