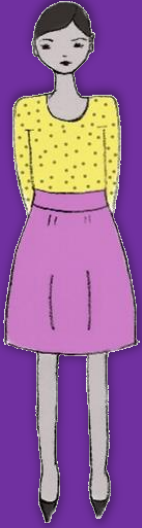


YOUR WEIGHT & FERTILITY

Normal Weight



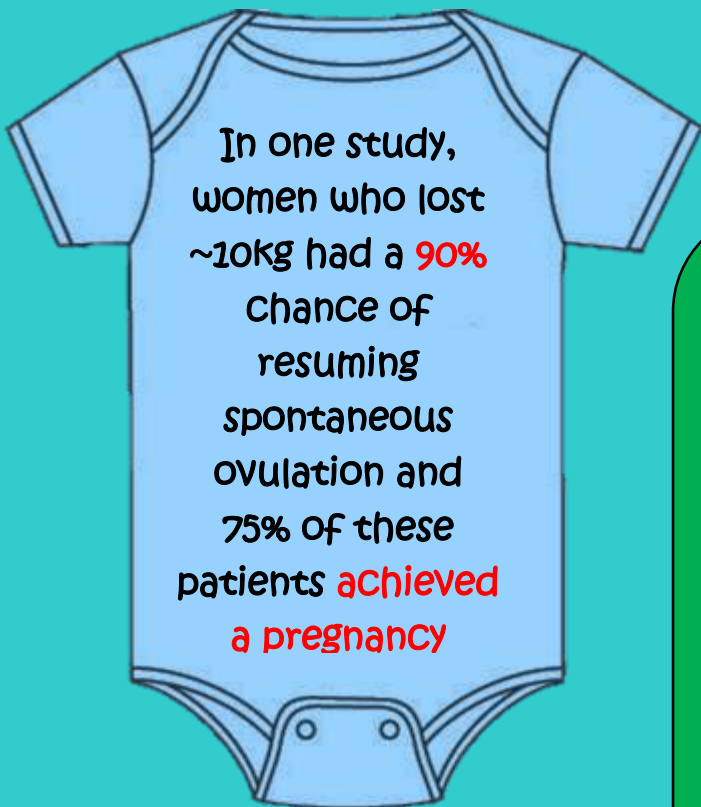
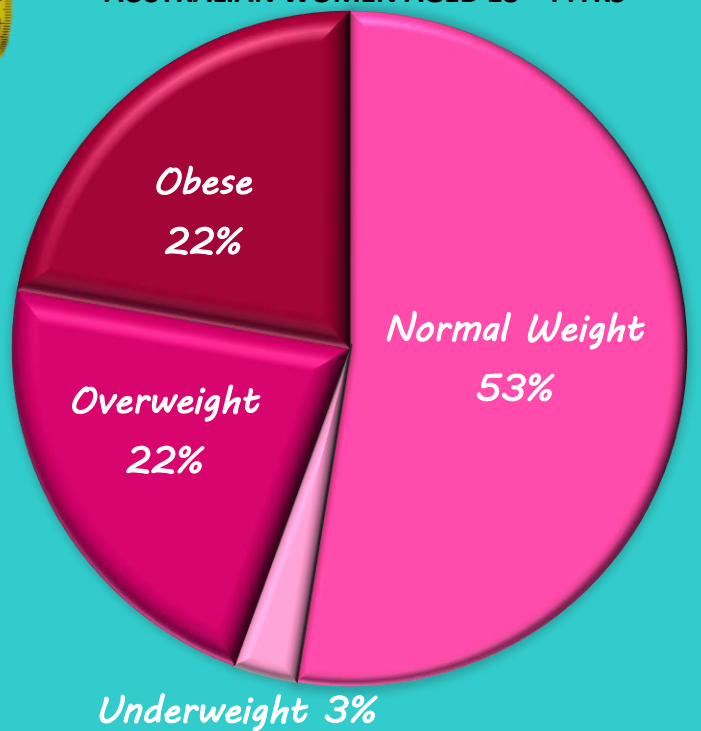
Pregnancy rates of women at a normal weight is almost double that of obese women.

Women: if your BMI ≥ 30 and/or waist circumference is $>80\text{cm}$...

Men: if your BMI ≥ 30 and/or waist circumference is $>94\text{cm}$...

...Then we encourage you to **lose 5% of body weight** prior to treatment to improve your chances of conception

AUSTRALIAN WOMEN AGED 18 - 44YRS



Female obesity is related to:

- ✗ Lower live birth rates
- ✗ Higher incidence of early pregnancy loss/miscarriage
- ✗ Higher doses of follicle stimulating hormone (FSH) requirements during ovarian stimulation due to resistance
- ✗ Longer periods of stimulation during ovarian stimulation
- ✗ Higher risk of cancellation due to poor follicle development
- ✗ Lower number of eggs collected at pick-up

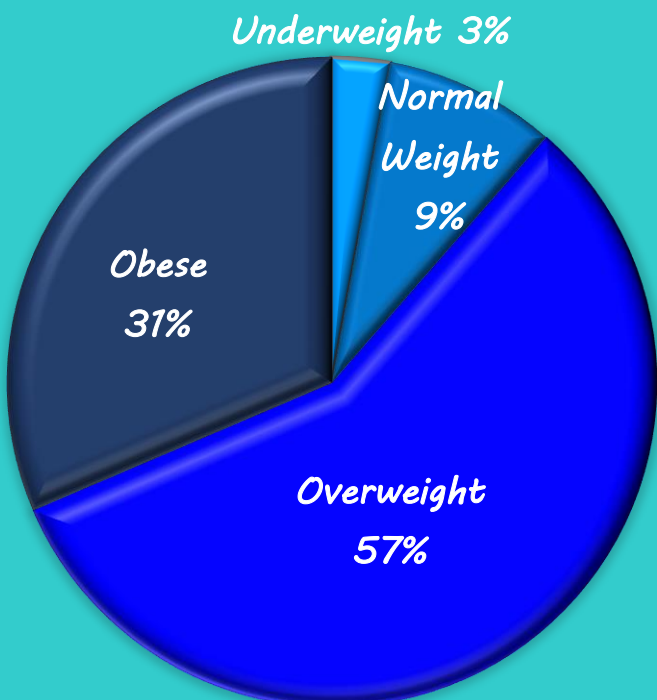


Arrange an appointment with one of our friendly fertility nurses to discuss your plans.



Ph: (07) 5478 2482
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www.fssc.com.au

AUSTRALIAN MEN AGED 18 - 44YRS

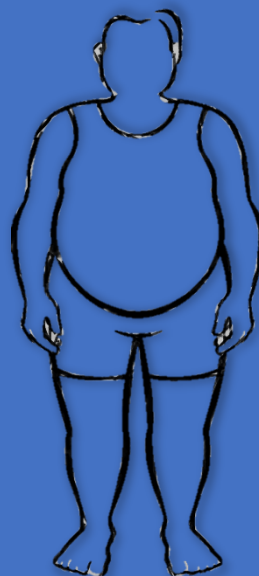


Underweight



Being **underweight** has a **negative effect** on a woman's reproductive health, ability to ovulate and chance of pregnancy

Male Obesity



Male obesity has been associated with:

- ✗ Decrease in pregnancy rates
- ✗ Increase in pregnancy loss
- ✗ Poor blastocyst development
- ✗ Reduced sperm binding and fertilisation rates during in-vitro fertilisation (IVF).
- ✗ Increased oestrogen levels, which can suppress testosterone production impairing sperm motility, concentration and quality (morphology),
- ✗ High levels of sperm DNA damage