Read our Beyond Fertility Questions: subjects like menopause, infertility, hormones. We get 100s and 100s of comments/questions on our blog each week and fertility questions are the most common. Here are some of our best answers.

Jennie Rollason is a fertility nurse specialist at Cambridge IVF with 19 years' experience as a fertility specialist and midwife. She answers some of the most frequently asked questions around fertility.

Q: What can I do to improve my chances of conceiving?

A: There are several things you can do to improve your fertility naturally. These include:

1. Quit smoking and reduce alcohol consumption.
2. Maintain a healthy weight.
3. Exercise regularly.
4. Eat a balanced diet rich in fruits, vegetables, and lean protein.
5. Reduce stress.

Q: Is it true that fertility decreases with age?

A: Yes, it's true. Fertility peaks in women between the ages of 18 and 24, and then it starts to decline. By the age of 35, fertility decreases by about 50%, and by the age of 40, it decreases by about 90%.

Q: Can fertility be restored after certain treatments?

A: Yes, some treatments can help restore fertility. For example, some women who have undergone chemotherapy or radiotherapy for cancer have been able to regain fertility, but their sperm count may be low.

Q: Are there any natural remedies that can help improve fertility?

A: There are several natural remedies that may help improve fertility, including:

1. Acupuncture.
2. Herbal supplements.
3. Fertility awareness methods.

Q: What are the most common causes of infertility?

A: The most common causes of infertility include:

1. Male factor infertility.
2. Female factor infertility.
3. Female age-related infertility.
4. Unexplained infertility.

Q: What is the success rate of fertility treatments?

A: The success rate of fertility treatments varies depending on the cause of infertility and the treatment used. For example, IVF success rates range from 20% to 40%, depending on the age of the woman and the cause of infertility.

Fertility clinics are using new chromosomal tests to help identify embryos that will become healthy babies. These tests are generally done on five-day-old embryos, which have more than 100 cells.
Ohss woes - 100 questions & answers infertility, Learn more about infertility from Dr. John David Gordon, a reproductive endocrinologist and co-director.

Infertility Problem Questions, Infertility Problem Public forum questions in the order I would like to know whether IVF or surrogacy is 100 percent successful.

This section includes several great resources for understanding fertility including: answers to frequently asked questions, book recommendations, fertility myths. Or check out “Learn More” menu frequently asked questions

We are glad to help provide answers. Have you been dealing with infertility? 207 patients were given Clomid 100 mg cycle days (CD) 3-7 and 205 patients were given. and students.

It’s 100% free, no registration required. My question is how does inbreeding depression cause infertility? agriculture Top questions and answers, Important announcements, unanswered questions. See an example. Which of these steps can harm the fertility of both women and men? Answer.

1. When a couple struggles to conceive, what is the most likely explanation? Normal sperm counts range from 20 million to 100 million per milliliter of semen.


Infertility is when a couple cannot conceive (get pregnant) despite having regular unprotected sex.

Mental health news reports · Diabetes news reports · Topical questions and answers For every 100 couples trying to conceive naturally:. If you’ve been struggling to get pregnant, you’ve probably got lots of questions. Here, find out what causes infertility, how to reduce your risk, when to see.

Spring Valley 5-HTP Dietary Supplement Capsules, 100 mg, 30 count. $8.88 Send me an email when my question is answered Was this answer helpful?
Vertical hepatitis C virus transmission: Main questions and answers during late fetal development (days 79 to 100 of gestation). Nevertheless, reversible effects on fertility and early embryonic development.