

## Fertility Myths

### **Myth #1: If my period is regular, I'm fertile.**

**Fact:** Just because you have a *regular* cycle doesn't guarantee that all's fine with your fertility. A number of underlying issues may hamper conception: blocked fallopian tubes, structural problems, endometriosis and even STDs.

### **Myth #2: If I take good care of my general health, my fertility will be in check too.**

**Fact:** Yes, a good diet, nutritional supplements, exercise and healthy lifestyle are all recommended to get your body baby ready. However, just because you're in seemingly tip-top shape doesn't mean you'll be able to conceive easily. An underlying condition, such as a structural issue or blocked fallopian tubes, fibroids, polyps and even blood clotting disorders can all compromise your fertility.

### **Myth #3: If I've already had a baby, I won't have problems conceiving again.**

**Fact:** Secondary Infertility -- the inability to conceive or carry a pregnancy to term after having one or more children -- is on the rise. It accounts for more than half of all infertility cases.

### **Myth #4: Infertility is primarily a woman's issue.**

**Fact:** Infertility affects men and women equally. In fact approximately 40% is male factor, 40% is female factor, and in 20% of cases it's a combination of factors or unexplained. If a couple is having trouble conceiving, it's important that *both* undergo a fertility workup.

### **Myth #5: 40 is the new 30; and that pertains to fertility too.**

**Fact:** Age matters. A woman's fertility starts to decline in her early 30s and then rapidly in her late 30s. Just because the media is rife with stories of celebrities having babies into their 40s doesn't mean they conceived naturally.

### **Myth #6 - Try for a year before you seek help.**

**Fact:** If you are over 30, trying for six months is sufficient time to warrant basic fertility testing. If you are over 35, you should wait 3-6 months.

### **Myth #7**

**Infertility is too expensive to treat so I should wait until it "happens naturally"**

There are many infertility conditions that will prevent couples from ever conceiving naturally including damaged fallopian tubes, sperm issues, etc., Not knowing the issue or not having basic fertility testing prevents a couple from understanding what they are dealing with. Seek out expert opinions and costs and check out clinics for “gift cycles.” Many clinics have programs for Free IVF cycles or testing. Do your research on clinics with Giving Back programs.

**Myth #8 If I do Infertility treatments, I will end up with twins, triplets or eight babies!**

**Fact:** This is simply not true – a responsible and qualified clinic ensures couples are monitored and treated well so they don’t have multiples. Unfortunately, sensationalistic stories like the “Octomom” give Infertility a bad name.