Factors that affect fertility

- Fertility is health defined together with women's and men's sexual and reproductive health 
- Fertilization failure: male sperm count and quality, female factors affecting ovulation
- Inability to implant: excessive endometrial hyperplasia, uterine fibroids
- Transient factors: stress, smoking, alcohol, medication, illness, infections, intercourse frequency, coital technique

It’s not just a women’s issue

- Men and women can improve their chances of conceiving
- Lifestyle is important

Lifestyle is important

- Men: stop smoking, moderate alcohol intake, get regular exercise, maintain ideal weight, eat a healthy diet, exercise regularly, it’s not too early to talk to your doctor
- Women: stop smoking, moderate alcohol intake, get regular exercise, maintain ideal weight, eat a healthy diet, exercise regularly, it’s not too early to talk to your doctor

Planning for the future

- If you are planning a family now, or if you think you may want to have a child in the future, it’s not too early to talk to your doctor
- You can start by doing a comprehensive fertility check-up, including semen analysis and a blood test for hormone levels
- Discuss your options with your doctor, such as fertility medications, intrauterine insemination, in vitro fertilization, or adoption

Find out more about Ferring and fertility at www.ferring.com