

# Fertility uncovered

Cut through the noise with some straightforward facts about fertility

**1 in 6** 

## COUPLES WORLDWIDE EXPERIENCE INFERTILITY <sup>1</sup>

The World Health Organization defines infertility as a failure to achieve pregnancy after 12 months or more of regular unprotected sex.<sup>2</sup>

Assisted Reproductive Technologies (ART) such as



In Vitro Fertilisation (IVF)



Intracytoplasmic Sperm Injection (ICSI)

can help couples who have problems conceiving naturally

It is estimated that globally



**400,000**

babies are born every year from around 1.6 million ART cycles<sup>1</sup>

## It's not just a women's issue

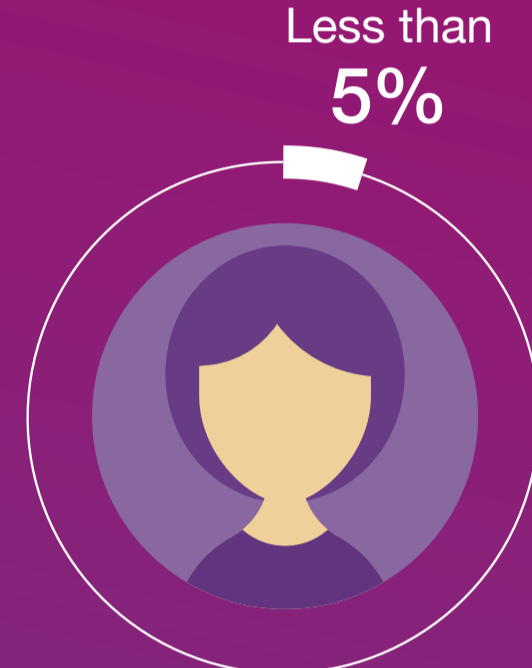
When it comes to infertility issues:<sup>3</sup>



## Factors that affect fertility

### AGE

Fertility in both men and women declines with age, but women's fertility declines more quickly, with a rapid decline after 35.<sup>4</sup>



Estimated chance of conception per month for a healthy woman trying to conceive.<sup>5</sup>

### REPRODUCTIVE HEALTH CONDITIONS

Women with frequently irregular periods and conditions such as polycystic ovary syndrome (PCOS) and endometriosis can experience more difficulty conceiving.<sup>6,7</sup>



#### PCOS<sup>8</sup>

is a condition that affects how women's ovaries function. PCOS affects normal ovulation, making it challenging for women to conceive.



It affects between 8% and 20% of reproductive-age women worldwide.

#### ENDOMETRIOSIS<sup>9,10,11</sup>

is an often painful condition in which tissue that normally lines the inside grows on the outside of a woman's uterus. It can cause painful or heavy periods and also lead to infertility.

176 million women are estimated to have endometriosis. That's 10% of women worldwide.



**176** million women

### SPERM COUNT AND QUALITY



More than 90% of male infertility cases are due to low sperm counts, poor sperm quality, or both.<sup>12</sup>

## Lifestyle is important

Both men and women can improve their chances of conceiving by<sup>3, 4, 13</sup>



Maintaining a healthy weight



Stopping smoking



Drinking in moderation



Getting regular sexual health checks

## Planning for the future



If you're planning a family now, or if you think you may want one in the future, it's not too early to talk to your doctor. There are a number of tests that can help you understand your chances of conceiving.

### AMH TESTING

A simple blood test for women is available to assess levels of Anti-Müllerian Hormone (AMH), a reliable biomarker of ovarian reserve. AMH testing can help doctors:<sup>14, 15</sup>



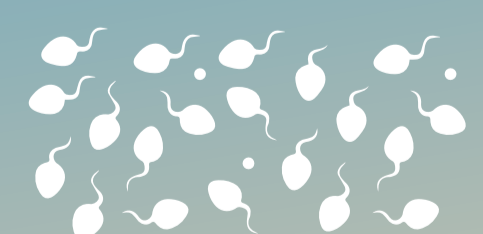
Determine your ovarian reserve



Predict how your ovaries will respond to fertility treatment

### SEMEN ANALYSIS

A semen analysis is a simple test that measures how much semen a man produces. It evaluates if the number and quality of sperm is the reason behind infertility.



Find out more about Ferring and fertility at:

[www.ferring.com](http://www.ferring.com)

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