



What Is Your Fertility Status?

What does fertility status mean?

This is your biological capability to bear children. Fertility potential varies with age, and declines rapidly from the mid-30s, both in women and men, but especially so in women.

Various factors can interfere with the capability to bear children. Examples include blocked tubes in women and poor sperm quality in men

Why is this important?

Being aware of your fertility status helps with appropriate planning for parenthood. A good example is women approaching the age of 40. They should be aware of declining egg numbers and quality, and hence take steps to conceive sooner than later or opt to preserve their eggs for future use.

We urge couples to always be aware of their fertility health. Optimal fertility can be maintained by good general health, keeping a healthy weight, avoiding toxins (like smoking), and practicing safe sexual habits to avoid sexually transmitted infections (STIs).

If you suspect you have a condition that may interfere with getting pregnant, it is best to have it checked out sooner, rather than wait for events to unfold when it might be too late.

Indicators of good fertility status are:

1. Young age, <35years of age
2. Normal BMI (both men and women)
3. Regular menstrual cycles – indicating ovulation and uterine function
4. No previous STIs or other pelvic infections
5. Good general health, with no chronic conditions

You can click on this link to use our fertility self-assessment tool:

<http://www.applesandsense.com/fertility-services>

Knowing your fertility status empowers you to make appropriate reproductive choices.

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