

Promoting healthy fertility



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Many factors influence fertility and even the fittest and healthiest people can have problems conceiving. Following are a few simple ways to promote fertility:

- 1. AGE** Have children before 30 years of age if possible. Fertility decreases with age particularly in women.
- 2. WEIGHT** Maintain a normal body weight (BMI 20-23 kg/m² ideal).
- 3. FITNESS** Participate in moderate, but not excessive (\geq 4 hours/week) exercise.
- 4. ALCOHOL** Women should avoid alcohol while attempting conception. Men may consume two standard drinks per day with no adverse effect on fertility.
- 5. SMOKING** Smoking should be avoided by both men and women.
- 6. CAFFEINE** Consumption of up to two cups of coffee per day (200 mg) will not adversely effect fertility. Greater than two cups per day should be avoided.
- 7. HEAT** Men should avoid excessive heat exposure to the scrotum (lap top computers, saunas, spas).
- 8. SUPPLEMENTS** Antioxidant supplements may help assist fertility. Women should take Folate (folic acid) at least one month before pregnancy and during pregnancy.
- 9. HEALTH** Use condoms outside of long standing monogamous relationships to avoid tubal factor infertility – GPs should take the opportunity to screen asymptomatic young patients.