



40 is the new 30

Unless you want to have children

 We live longer, healthier lives these days, so we can falsely believe that good health invariably means good fertility. The truth is, the longer we leave it, the harder it can be to get pregnant. Age is the single most important factor affecting your fertility. As you age, your eggs decrease in quality and number. At 30, you have about a 20% chance of becoming pregnant naturally in any month. After 35 your chances of becoming pregnant start to drop dramatically. At 40, you have a 5% chance. So how do you improve the chances? If your relationship is ready, start the conversation earlier about starting a family. For information visit yourfertility.org.au because fertility is ageist. 

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