



Complete the form below and email it to info@yourfertility.org.au

YOUR INFORMATION

Name:

Address:

City:

State:

Postcode:

Phone:

Email:

Organisation:

Profession:

How will the *Your Fertility* pack/resources be used?

How did you hear about *Your Fertility*/Fertility Week?

Please let me know about upcoming news and events from *Your Fertility*:

Number of Your Fertility packs required:

Your Fertility packs contain 1 copy of each of our resources. Please note that copies are limited. If you require 11 or more copies please contact the Your Fertility team at info@yourfertility.org.au.

Individual Your Fertility resources available:

IMAGE	RESOURCE NAME	QUANTITY
 <p>Thinking about having a baby? Talk to your doctor!</p> <p>Here is what men and women can do to increase their chance of getting pregnant and having a healthy baby.</p> <ol style="list-style-type: none"> Learn about the top fertility factors. Complete the Preconception Health Checklist at www.yourfertility.org.au to take to your doctor. Visit our website to discover how to improve your chance of conceiving and having a healthy baby. Visit www.yourfertility.org.au for more information. <p>Top Five Fertility Factors</p> <p>Age Couples who wait until they are in their 30s to start trying to conceive have a lower chance of getting pregnant. On average, women's fertility starts to decline in their 30s and continues to decline more rapidly in their 40s. The sooner you start trying to get pregnant, the better your chances are of getting pregnant. It's up to you to decide when to start trying to get pregnant. If you're not sure when to start trying, talk to your doctor. They can help you decide when to start trying to get pregnant.</p> <p>Weight The weight of a woman's body affects her fertility and the health of her baby. Being overweight or obese can affect the health of a woman's ovaries and her ability to get pregnant. Being too underweight can also affect fertility and increase the risk of miscarriage. It's important to maintain a healthy weight and eat a healthy diet. If you're not sure how to maintain a healthy weight, talk to your doctor. They can help you decide how to maintain a healthy weight.</p> <p>www.yourfertility.org.au</p>	<p>H]b_]b['c Z\Uj]b['U'VUVm8'A4 flyer</p>	
 <p>Fertility facts for health professionals</p> <p>Age Most people wait until they are in their 30s to start trying to conceive. For some, age and lifestyle factors reduce their chance of having a baby. Health care professionals are in an ideal position to help patients understand the risks of age and lifestyle on fertility and pregnancy outcomes and the importance of preconception health.</p> <p>Weight The weight of a woman's body affects her fertility and the health of her baby. Being overweight or obese can affect the health of a woman's ovaries and her ability to get pregnant. Being too underweight can also affect fertility and increase the risk of miscarriage. It's important to maintain a healthy weight and eat a healthy diet. If you're not sure how to maintain a healthy weight, talk to your doctor. They can help you decide how to maintain a healthy weight.</p> <p>Smoking Smoking can affect fertility and the health of a woman's ovaries and her ability to get pregnant. It's important to quit smoking before trying to get pregnant. If you're not sure how to quit smoking, talk to your doctor. They can help you decide how to quit smoking.</p> <p>Alcohol Drinking alcohol can affect fertility and the health of a woman's ovaries and her ability to get pregnant. It's important to limit alcohol consumption before trying to get pregnant. If you're not sure how to limit alcohol consumption, talk to your doctor. They can help you decide how to limit alcohol consumption.</p> <p>Timing The timing of intercourse can affect fertility and the health of a woman's ovaries and her ability to get pregnant. It's important to have intercourse at the right time. If you're not sure when to have intercourse, talk to your doctor. They can help you decide when to have intercourse.</p> <p>www.yourfertility.org.au</p>	<p>Fertility facts for health professionals</p>	
 <p>Optimising Patient Fertility</p> <p>Optimising your fertility DVD</p> <p>www.yourfertility.org.au</p>	<p>Optimising patient fertility+ Optimising your fertility DVD</p>	

For further information, contact us on phone: 03 8601 5250 or email info@yourfertility.org.au