

# YOUR FERTILITY

For the very best chance of success while trying to conceive, it is recommended you pay particular attention to a few areas of your health and lifestyle. There are several changes that both females and males can make that are proven to influence or enhance your chances of getting pregnant. Here are some tips from Repromed NZ – one of NZ's leading fertility specialist clinics with a focus on personalised care.

## 1 in 5 couples in New Zealand need support to get pregnant







For both  








Our tips	Advice	Recommended	Advised
<input type="radio"/> <b>Focus on a healthy diet</b>	<ul style="list-style-type: none"> <li>Eat the rainbow for egg-happy and sperm-boosting antioxidants: include berries, green leafy vegetables and carrots, including good fats from avocados, olive oil and salmon, and complete your diet with lean protein and whole grains.</li> </ul>	<ul style="list-style-type: none"> <li>Eat a healthy and balanced diet.</li> </ul>	<input type="radio"/>
<input type="radio"/> <b>Optimise your weight</b>	<ul style="list-style-type: none"> <li>Your chances of having a baby are optimised when you are within your normal weight range for your height.</li> <li>Calculate your Body Mass Index (BMI) - a healthy fertile BMI range is between 19 and 25.</li> </ul>	<ul style="list-style-type: none"> <li>Talk to your Healthcare Professional for weight optimisation tips.</li> </ul>	<input type="radio"/>
<input type="radio"/> <b>Slow down and de-stress</b>	<ul style="list-style-type: none"> <li>Stress affects the hormone levels that are required for conception.</li> </ul>	<ul style="list-style-type: none"> <li>Talk to your Healthcare Professional if you need help managing stress.</li> </ul>	<input type="radio"/>
<input type="radio"/> <b>Reduce caffeine and alcohol intake</b>	<ul style="list-style-type: none"> <li>Caffeine is a drug, and can reduce your body's ability to absorb iron a key mineral for healthy conception. It is recommended to stick to one caffeinated drink per day.</li> <li>Alcohol during pregnancy is not recommended. Studies have shown the effects of alcohol are significant, before conception as well as after conception, damaging both eggs and sperm.</li> </ul>	<ul style="list-style-type: none"> <li>Consider caffeine-free alternatives.</li> <li>Be educated on any gym supplements (such as those that contain caffeine).</li> </ul>	<input type="radio"/>
<input type="radio"/> <b>Quit smoking</b>	<ul style="list-style-type: none"> <li>If you are a smoker, now is the time to quit. Smoking harms both eggs and sperm, causing havoc on your hormones and damaging DNA. Your chances of conception will increase by 40% once you've kicked the habit and your body will thank you. And so will your family's health, long term.</li> </ul>	<ul style="list-style-type: none"> <li>See your Healthcare Professional for support to stop smoking.</li> <li>Quitline 0800 778 778</li> </ul>	<input type="radio"/>
<input type="radio"/> <b>Start or maintain moderate exercise</b>	<ul style="list-style-type: none"> <li>If you are new to exercise, choose lower-impact activities that keep you moving without triggering a stress response. Think yoga, pilates, and brisk walking.</li> </ul>	<ul style="list-style-type: none"> <li>Exercise for 20 minutes moderately everyday.</li> </ul>	<input type="radio"/>
<input type="radio"/> <b>Plan the number of children you want</b>	<ul style="list-style-type: none"> <li>If you want more than 2 children you may need to consider starting your family sooner rather than later, to ensure you are not cut short by the effects of age on fertility.</li> </ul>	<ul style="list-style-type: none"> <li>Plan your last child, not your first.</li> </ul>	<input type="radio"/>

**Healthy lifestyles help to produce healthy babies**

NOTES:

Our tips	Advice	Recommended	Advised
 <b>Get the timing right</b>	<ul style="list-style-type: none"> <li>Keep track of your periods on a fertility smartphone app or period tracker app.</li> <li>If your periods are not regularly around 28 days or they are very painful, then check with your Healthcare Professional if further investigation is required.</li> <li>Use an Ovulation Predictor Kit that detects the LH hormone in urine, these tests give prior notice to your fertile days, usually within 12-24 hours.</li> <li>Become aware of the signs your body gives you when you are ovulating (clear stretchy cervical mucus, some abdominal discomfort). Read up on the basics of ovulation at <a href="http://www.fertilitynz.org.nz">www.fertilitynz.org.nz</a></li> <li>Have intercourse at least twice over the 3-4 day fertile time around ovulation (approximately 12-16 days after the start of the period for a regular 28 day cycle).</li> </ul>	<ul style="list-style-type: none"> <li>Smartphone Fertility or Period Tracker App.</li> <li>EasyCheck® Ovulation Kit.</li> <li><a href="http://www.fertility.org.nz">www.fertility.org.nz</a></li> </ul>	
 <b>Consider your age</b>	<ul style="list-style-type: none"> <li>The age of the woman is a big factor on how long it takes to get pregnant.</li> <li>Woman less than 25 years have a 96% chance of pregnancy after one year of trying, compared with 70% between 30-34 years, and after 35 years there is a rapid decline in the chances of natural pregnancy.</li> <li><b>If you are 35 years or over and have been trying to get pregnant for 6 months, you should get specialist advice.</b></li> </ul>	<p><b>See your GP or Fertility Specialist if you are:</b></p> <ul style="list-style-type: none"> <li>Less than 25 years and trying for 12 months.</li> <li>Less than 35 years and trying for 9 months.</li> <li>35 years or over and trying for 6 months.</li> </ul>	
 <b>Use paraben-free sperm friendly lubricant</b>	<ul style="list-style-type: none"> <li>Use a sperm friendly lubricant that has a similar pH value to cervical mucus during ovulation. Conventional lubricants are acidic and can kill sperm and/or inhibit sperm movement.</li> <li>In approximately 1 in 4 couples trying to conceive, low vaginal pH is a co-factor for them failing to conceive.</li> </ul>	<ul style="list-style-type: none"> <li>Prefert® Vaginal Gel.</li> </ul>	
 <b>Take a prenatal vitamin supplement</b>	<ul style="list-style-type: none"> <li>It can take a few months for follicle recruitment, so taking and remaining on a helpful supplement for 3 months is recommended before benefits are likely.</li> <li>Quality prenatal supplements contain important ingredients to assist your pregnancy health and the health of your unborn child.</li> <li>Consider quality, well researched, probiotics during pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>Vitawomenz.</li> </ul>	
 <b>Find out how many eggs you have</b>	<ul style="list-style-type: none"> <li>Have your Ovarian Reserve measured with a single blood test called an AMH, by visiting your GP or a Fertility Specialist to have this organised. It gives you some prediction of how fertile you are and what window of time you have left to get pregnant.</li> </ul>	<ul style="list-style-type: none"> <li>See your GP or a Fertility Specialist.</li> </ul>	
 <b>History of pelvic surgery, miscarriage, tubal damage, endometriosis, fibroids or PCOS</b>	<ul style="list-style-type: none"> <li>Visit your GP or a Fertility Specialist to see if further investigation is needed.</li> </ul>	<ul style="list-style-type: none"> <li>Book an appointment to discuss with a Fertility Specialist.</li> </ul>	

# For him

Our tips	Advice	Recommended	Advised
 <b>Check if your sperm quality is in the fertile range</b>	<ul style="list-style-type: none"> <li>The best single predictor for male fertility is the number of progressively-motile sperm cells.</li> <li>Use a reliable home test kit that measures progressively motile sperm cells, or</li> <li>Visit your GP to arrange a community lab test, or</li> <li>Those in the upper north island can make an appointment with Repromed Fertility Specialists for a detailed routine semen analysis - phone Repromed Laboratory on 09 524 1231 to book an appointment.</li> </ul>	<ul style="list-style-type: none"> <li>SwimCount™ Sperm Quality Test.</li> <li>Book an appointment for analysis.</li> </ul>	
 <b>Take a male fertility vitamin supplement</b>	<ul style="list-style-type: none"> <li>It takes approximately 90 days for the male body to make sperm, so remaining on a helpful supplement for 3 months is required to see a change in your sperm quality.</li> </ul>	<ul style="list-style-type: none"> <li>Vitamenz.</li> </ul>	
 <b>Taking care of your assets</b>	<ul style="list-style-type: none"> <li>Keep your testicles cool helping create and maintain healthy sperm.</li> <li>Use boxer shorts instead of briefs.</li> <li>Avoid sitting down for long periods of time.</li> <li>Avoid long hot baths or spas.</li> <li>Do not keep your mobile phone in your trouser pocket.</li> <li>Consider your exposure to toxic chemicals at work.</li> <li>Be careful with gym supplements as they may contain harmful substances, e.g. testosterone (in high levels) and steroids (any) will severely compromise sperm quality.</li> </ul>	<ul style="list-style-type: none"> <li>Wear boxer shorts.</li> <li>Be educated on any gym supplements.</li> </ul>	
 <b>If you have had genital surgery, infection or significant trauma to your testicles</b>	<ul style="list-style-type: none"> <li>Have your sperm quality tested (see above).</li> </ul>	<ul style="list-style-type: none"> <li>SwimCount™ Sperm Quality Test.</li> </ul>	