

“What’s it got to do with me?
I’m young, fit, having a great time
with my mates. The whole fertility and
babies thing isn’t something the boys
talk about. Why would we...?”

men

You’re young, single, enjoying life and yes, maybe at the back of your mind “one day” somewhere in the future you’d like to settle down with the right partner and maybe have kids.

It may seem like a lifetime away, but in reality time might be more limited than you think and having babies isn’t just a woman’s issue.

In fact having babies is not that simple:

- > one in every six couples is infertile
- > 30 per cent is solely a male factor
- > 30 per cent is solely a female factor
- > 40 per cent involves both male and female

You and your sperm

For men, sperm quality and quantity starts to drop from the age of 35 and is often related to poor lifestyle choices such as drugs, alcohol, smoking and weight gain.

The end result is:

- > reduced fertility
- > decreased sperm quality
- > increased miscarriage rates
- > increased birth abnormalities

For women:

- > fertility starts to decline from 30
- > at 35, the chances of getting pregnant is half what it was at 30

Why should I worry about my fertility?

I agree you’re young, single, enjoying life and yes, maybe at the back of your mind, one day somewhere in the future, you’d like to settle down with the right partner and maybe have kids.

“But that’s ages away and I’ve got plenty of time. Besides I am not ready to commit myself”. Well, have you considered time may be limited?

“Really?!!” Yes really!

Anyway infertility is a women’s problem

No it’s not: 1 in 6 couples are infertile

- > 30% is solely a male factor
- > 30% is a female factor
- > 40% involves both males and females

Surveys have shown that most young people want two or three children. However the majority end up with one child or none.

Won’t IVF fix any problems?

“But won’t IVF fix all of those sorts of problems? The short answer is No.

The chances of conceiving in an IVF cycle for a healthy woman are highest when she is aged 37 or less. After that, the success rate declines rapidly with age and at 40 her chances of becoming pregnant depends on a number of factors, including the causes of infertility, her partners age and the type of treatment offered. Precise pregnancy rates should be sought from the treating clinician.

After the age of 40, the chances fall even further. IVF cannot be relied on to achieve a pregnancy.

Many people do not know that a woman is born with all the eggs she will ever have and they age as she does.

Women do not create “fresh” eggs, unlike sperm production, which continues in men with varying degrees of quality.

Male fertility declines from 35 and the genetic material in sperm deteriorates with poor lifestyle choices which is associated with an increased risk of miscarriage and birth abnormalities.

IVF will not overcome poor lifestyle choices in either men or women and factors that may play a role in your fertility include:

- > Age and lifestyle
- > Drugs, smoking and excessive alcohol
- > STIs (sexually transmitted infections)
- > Weight and medical history

While Australia has some of the world’s best IVF practices, it can’t perform miracles, it can’t turn back the clock and as couples who’ve experienced the procedure will tell you, it is emotionally traumatic.

But I’m just not ready yet...

How you live your life is obviously your decision. When to settle down, if or when to have kids, when to pursue a career, they’re all intensely personal decisions.

Know the facts about fertility. The rest is up to you.

Surveys of young men and women tell us that most would choose to have two or three children, but the sad reality is they will more likely have one or none.