

Common Misconceptions About Fertility

If you are trying to get pregnant, you probably have received a lot of well-meaning advice from friends and family, not to mention all the answers that you've found online. But how do you sort through the information and separate fact from fiction?

If you are struggling to conceive, you are not alone. Millions of couples – at least 1 in 6 – have trouble getting pregnant. The caring fertility doctors at Vios Fertility Institute are here to help debunk the myths and help you understand the facts about fertility.

MISCONCEPTION 1



I already have a child, so I don't need to worry about infertility.

THE FACTS: Just because you and/or your partner have had children previously doesn't mean that you won't experience difficulties getting pregnant later. The CDC estimates that 11% of couples have what's called "secondary infertility," or problem getting pregnant despite having had a child previously.

MISCONCEPTION 2



Smoking doesn't affect my fertility.

Smoking as few as five cigarettes a day can affect fertility. We know that smoking prematurely ages eggs and decreases egg count, even in young women. Recent research has found that smoking can be associated with up to a 40% lower fertility rate in both sexes. Furthermore, the experts estimate that 13% of infertility in the United States is caused by smoking alone.

Caution: The research is still out on e-cigarettes (or vaping), but the Centers for Disease Control (CDC) has found that the chemicals contained in these alternative cigarettes are harmful. That's why we recommend being cautious and abstaining from vaping altogether when trying to conceive.

MISCONCEPTION 3



I just need to try harder to get pregnant.

This misconception can be disheartening, especially if you are already trying hard. Keep in mind that effort doesn't always translate to success. Women only ovulate once a month, and the egg can only be fertilized for ~ 12 – 24 hours after ovulation, so there's a tiny window of time when the egg and sperm can meet. If you haven't already, try one of the online apps (Glow, Clue Period Tracker) or an over-the-counter predictor kit (First Response, Clearblue) to help pinpoint when you are most fertile.

MISCONCEPTION 4



My age — or my partner's age — doesn't matter.

THE FACTS: While women experience a significant decline in fertility in their early 30s, healthy couples in their 20s who are at the peak of their fertility can also have problems conceiving. In fact, infertility affects both men and women equally, although each gender has their own set of symptoms.

After 30, a woman's eggs mature and decline in quality and quantity. After the age of 40, men are likely to experience decreases in semen quality and volume as well as sperm motility. Even though you can't stop the clock, there are steps you can take to preserve your fertility.

MISCONCEPTION 5



I can eat whatever I want and not worry about my fertility.

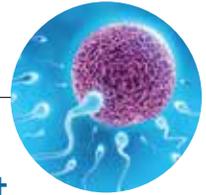
THE FACTS: For both women and men, food and fertility go hand in hand. Those who carry extra weight (or being underweight) experience hormonal shifts that can impact ovulation and semen production, making conception more difficult. Losing 5% to 10% of body weight can boost fertility in both men and women.

Advice: When trying to conceive, choose a balanced diet with fruit, vegetables, whole grains, and calcium-rich foods. We recommend avoiding sugar, trans fats, and highly processed foods.

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MISCONCEPTION 6



Boxer shorts are best for men and help to protect sperm counts.

THE FACTS: This common misconception has been widely touted, but when put to the test, researchers found that underwear style — boxers vs. briefs — is unlikely to affect a man's fertility significantly.

What Really Matters: It isn't the type or tightness of the clothing itself, but the increase in temperature that can affect sperm production. Wearing breathable clothing, limiting hot tub use, and not placing a laptop directly on your lap are all ways to limit heat exposure.

MISCONCEPTION 7



I've been diagnosed with infertility, so I can't have children.

THE FACTS: Simply put, infertility means that you've been unable to conceive after 6 months to a year of trying (depending on your age). With the proper testing and different treatment options, most people can have children.

ONE MORE FACT!

There are many different treatment options available if you and/or your partner are facing infertility or having problems conceiving. We are here to help make your dreams of parenthood a reality. Visit the caring specialists at Vios Fertility Institute online or call 866.258.8467 to schedule a consultation.