

# Fertility GUIDE

## Busting the myths

**When others find out you are trying for a baby, it can be difficult to dodge unsolicited advice on how to conceive from well-meaning family and friends.**

Is drinking coffee bad during pregnancy, or can certain exercises bring on labour?

You have probably heard it all, so how do you know fact from fiction?

### **YOU SHOULDN'T EXERCISE WHILE PREGNANT**

According to Sports Medicine Australia, pregnant women who were inactive prior to pregnancy should be encouraged to incorporate some exercise into their routine, starting with low-intensity activities such as swimming or walking.

For healthy pregnant women who participated in physical activity prior to pregnancy and are experiencing an uncomplicated pregnancy, exercise can be continued throughout, or until such time that it becomes uncomfortable to do so.

### **THE BIRTH CONTROL PILL CAUSES INFERTILITY**

When trying to conceive, many women might question how their previous contraception use could affect their ability to fall pregnant.

According to IVF Australia, combined oral contraceptive pill users have no cause for concern, with monthly fertility rates quickly returning to their usual level post-use.

None of the other reversible contraceptive forms used in Australia – intrauterine devices, Implanon and Depo-Provera – have permanent effects on fertility either, with long-term fertility being maintained.

### **IT'S NOT ABOUT WHAT YOU EAT**

Scientists from the Hudson Institute of Medical Research discovered that having a diet high in sugary and processed foods could have an impact on conception.

The study outlines how toxic proteins produced in the body after consumption of sugary foods, browned and highly processed foods may alter the environment in the womb and directly impact fertility.

### **IT IS NOT MORE DIFFICULT FOR WOMEN TO BECOME PREGNANT OVER THE AGE OF 35**

According to IVF Australia, a woman's age is the most important factor that can affect conception. If you are over the age of 35, conceiving a baby may take longer, as egg quality begins to decline.

### **WEIGHT DOES NOT AFFECT FERTILITY**

HealthyWA outlines how being underweight can inhibit or stop

the menstrual cycle. A person's body mass index should be kept between 20 and 24, with too much deviation leading to a disruption in healthy ovulation.

## **IT IS UNSAFE TO DRINK COFFEE DURING PREGNANCY**

Latte lovers and long black enthusiasts rejoice – The University of Queensland's study recently revealed that enjoying a daily coffee causes no increased risk to pregnancy.

Using genetics to analyse coffee drinking behaviour, findings show limited coffee consumption during pregnancy didn't increase the risk of miscarriage, stillbirth or premature birth.

The researchers emphasise the study only looked at certain adverse pregnancy outcomes, and it is possible caffeine consumption could affect other important aspects of fetal development.

*A woman's age is the single most important factor that can affect conception. If you are over the age of 35, conceiving a baby may take longer, as egg quality begins to decline.*

