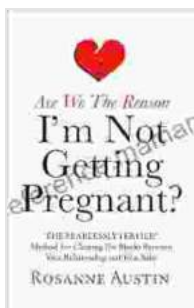


# Are We the Reason We're Not Getting Pregnant?

Trying to conceive can be an exciting and nerve-wracking time. You may have questions about your fertility and whether or not you're ng everything you can to get pregnant. If you've been trying for a while without success, you may start to wonder if you're the reason why. There are a number of factors that can affect fertility, and it's important to know what they are so that you can take steps to improve your chances of getting pregnant.

## Age

Age is one of the most important factors that affect fertility. Women are most fertile in their early 20s, and their fertility begins to decline after age 35. This is because the number and quality of eggs a woman produces decreases with age. Men's fertility also declines with age, but not as significantly as women's. However, older men are more likely to have children with birth defects.



## Are We the Reason I'm Not Getting Pregnant?: The Fearlessly Fertile Method for Clearing the Blocks between Your Relationship and Your Baby (The Fearlessly Fertile Method Series Book 2)

by La Leche League International

★★★★☆ 4.9 out of 5

Language : English

File size : 1014 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 170 pages  
Lending : Enabled



## **Weight**

Being overweight or obese can affect fertility in both men and women. In women, excess weight can lead to irregular periods and ovulation problems. It can also make it more difficult to get pregnant because the extra weight can interfere with the implantation of the fertilized egg. In men, obesity can lead to decreased sperm production and quality.

## **Smoking**

Smoking is another major factor that can affect fertility. In women, smoking can damage the eggs and make it more difficult to get pregnant. It can also increase the risk of miscarriage and premature birth. In men, smoking can damage the sperm and make it more difficult to fertilize an egg.

## **Alcohol**

Drinking alcohol can also affect fertility. In women, heavy drinking can interfere with ovulation and make it more difficult to get pregnant. It can also increase the risk of miscarriage and premature birth. In men, heavy drinking can damage the sperm and make it more difficult to fertilize an egg.

## **Caffeine**

Consuming too much caffeine can also affect fertility. In women, caffeine can interfere with ovulation and make it more difficult to get pregnant. It can

also increase the risk of miscarriage and premature birth. In men, caffeine can damage the sperm and make it more difficult to fertilize an egg.

## **Stress**

Stress can also affect fertility. In women, stress can interfere with ovulation and make it more difficult to get pregnant. It can also increase the risk of miscarriage and premature birth. In men, stress can damage the sperm and make it more difficult to fertilize an egg.

## **Medical conditions**

Certain medical conditions can also affect fertility. In women, conditions such as endometriosis, uterine fibroids, and polycystic ovary syndrome (PCOS) can make it more difficult to get pregnant. In men, conditions such as testicular cancer, erectile dysfunction, and low sperm count can make it more difficult to fertilize an egg.

## **Medications**

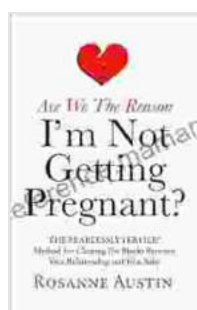
Certain medications can also affect fertility. In women, medications such as birth control pills, antidepressants, and anti-inflammatory drugs can interfere with ovulation and make it more difficult to get pregnant. In men, medications such as chemotherapy and radiation therapy can damage the sperm and make it more difficult to fertilize an egg.

**If you're trying to conceive and you're concerned about your fertility, there are a number of things you can do to improve your chances of getting pregnant. Here are a few tips:**

- Maintain a healthy weight.
- Quit smoking.

- Limit alcohol intake.
- Limit caffeine intake.
- Manage stress.
- Get regular medical checkups.
- Talk to your doctor about any medications you're taking.

If you've been trying to conceive for more than a year without success, you should see a doctor to rule out any underlying medical conditions that may be affecting your fertility.



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