

# May I ask a question?

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We wish to have a baby! May we ask a question?

Of course you can, ask as many questions as you please!  
What is on your mind?





We are both over 30 years old and now we are wondering how does age affect fertility?

Age is actually the most important factor in fertility. The optimal age of getting pregnant is 20-35 years for both of you. Women's hormonal and menstrual dysfunction lowers natural fertility and also troubles in early months of pregnancy increase. Men's testosterone rate lowers, and the quality of sperm becomes weaker after 35 years of age. Nowadays it's surprisingly hard to get pregnant over age 30. You still have hope and now you can ask anything about what affects fertility.





How about physical activity?  
We are active tennis players!



A physically active lifestyle improves fertility for both, a woman and a man. For a man, exercise improves semen quality, and it contains more brisk sperm. For a woman, an active lifestyle may promote embryo implantation, which means attachment to the lining of the uterus and the onset of pregnancy. Also, hormones stay in balance, so menstruation comes on time.



However, female athletes who train intensely are prone to reproductive disorders. Low energy intake and increased energy consumption can lead to menstrual disorders. The absence of menstruation is a sign that the body does not have enough estrogen, a female hormone. When adipose tissue decreases, the body puts itself into a state of economy, so that resources are not consumed for reproduction.

For male athletes strong training can potentially decrease sperm density and lower the percentage of sperm moving forward.



Great! We just bought new activity bracelets for us. With those we can keep our exercise and rest in good balance.

So keep in mind, proper exercise is good for fertility, but too much or too heavy exercise can be a bad thing. Laziness on the other hand can lower persons mood and the hormones might get mixed up.





So how does sleeping affect on fertility?



Sleep has a comprehensive affect human health, including sexual and reproductive health. The recommended amount of sleep for adults is seven to nine hours a night.

A woman's sexual and reproductive health depends on a regular circadian rhythm, every fertility-related activity benefits from wakefulness, sleep, and their regular variation. Male hormonal activity is also dependent on a regular circadian rhythm. Testosterone secretion follows the circadian rhythm and is excreted most during night time sleep.





What about chronic diseases?  
Can those affect pregnancy or a child's  
health?

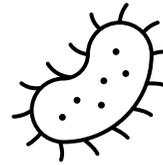


Chronic medical conditions, for both men and women, increase the risk of infertility issues and the risk of having an unhealthy child. Because pre-existing medical conditions have been associated with poor pregnancy outcomes, screening by a professional is advised. Following conditions need attention in good time before pregnancy: diabetes, endocrine, neurological, cardiovascular, gastrointestinal, renal, immunological and hematological disorders.





I had a chlamydia when I was twenty years old. How can that kind of infection affect fertility?

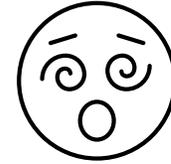


The effects of chlamydia on fertility are well established and apply to both men and women. In the case of the female reproductive organs the disease can cause tubal ligation, or scarring, on the fallopian tubes, preventing ovarian uptake or causing miscarriage, premature birth or still birth. Around one in five women with chlamydia develop pelvic inflammatory disease (PID). It may go unnoticed and undiagnosed for a long time, allowing the disease to irreparably affect the ovaries, fallopian tubes and uterus. PID can cause ectopic pregnancies, where the fertilised egg implants into and develops inside a fallopian tube instead of the lining of the uterus. Ectopic pregnancies are extremely dangerous and life-threatening for women, as well as distressing.





I have a new job, so I am suffering from a lot of stress. Can stress affect fertility?



Male fertility may be affected by stress. Psychological stress could lower sperm concentration, sperm movement, and the percentage of normal-shaped sperm. Stressful life events increases the risk of a man's semen analysis results falling below the normal guidelines set by the World Health Organization (WHO).

Some studies have found that testosterone levels were lower when men experienced psychological stress. Though, it's difficult to know what comes first—does decreased testosterone lead to increased sensitivity to stressful events? Or do stressful events cause testosterone levels to drop?

Women's stressful life can also affect fertility. Some say that mindfulness can help lower stress levels.



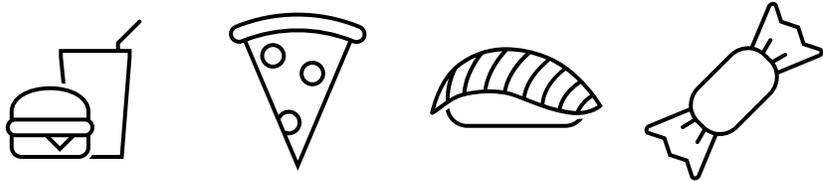
You should be open about these things to your partner. I mean infections, mental diseases or stress. You should talk about your conditions before planning to have a child.



We already know everything about each other. Before we just went separately to the toilet.



We love to eat some hamburgers, pizza, sushi and candies almost every weekend.  
Does it have any possible effects?



Varied and high-quality diet, plate model and regularity is the most important.

It means using high quality fats, vegetables, sources of protein and good carbohydrates.

You can get these from whole grains, nuts, fruits, vegetables. You should also eat less red meat and more fish or chicken.





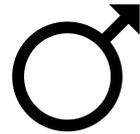
What about the risk factors of the environment?

Air pollution affects sperm and for women, premature birth, miscarriages and stillbirths. Fruits and vegetables with high pesticide residues affect sperm quality and quantity. The radio frequency electromagnetic waves (RFEMW) of a smartphone affect fertility by impairing sperm quality, density, and motility. It is observed that keeping phone or laptop close to the waist has impaired sperm motility.





How about anabolis Steroids?



Testosterone deficiency  
Sperm product decrease or even stops  
Spermatozoon moves less and spermatozoons  
Testicles atrophy and pain  
Prostate hyperplasia and carsinoma  
Impotence  
Breasts growth



More hair in thighs, abdomen and face  
Voice become lower  
Clitoris hypertrophy  
Breasts grow smaller  
Trouble in menstruation  
Infertility





And what about bodyweight?



Both under- and overweight can affect your fertility. Underweight is usually provided with a disorder in the regulation of pituitary function. Due to the stress situation caused by underweight, there are no specific gonadotropin hormones in the pituitary gland that regulate ovarian function.

Underweight and excessive exercise worsen the onset of pregnancy and the likelihood of successful infertility treatments.



With overweight menstrual cycle, increased insulin secretion is affected when the body mass index rises high enough. For the overweight, weight loss plays an important role in getting pregnant.

For men, overweight-related insulin abundance can also be a cause of infertility. Increased insulin secretion in a man causes the same type of condition as anorexia in a woman.



Okay, that's really interesting!





I smoke e-tobacco every now and then,  
how do drugs affect fertility?





For men, nicotine can affect four different hormones, as well as the structures and viability of sperm and testicles, for example. Also, a man's sexual spent and fertility rate may decrease as well as the likelihood of successful conception decreases.

For men, heavy alcohol consumption directly affects the testicles by impairing testosterone production in the testicles and thereby sperm formation. Sperm production may also decline in moderate users. Other risk factors include smoking, anabolic steroids, and certain drugs and chemicals.

For men, cannabis, heroin and methadone cause a decrease in testosterone levels and a decrease in sperm production.





What about women's drug use?

For a woman, nicotine increases the number of early oocytes programmed cell death and reduce the number of follicles and luteal glands.  
For a woman, drugs cause problems with ovulation.

For a woman, heavy alcohol consumption causes disturbances in the menstrual cycle and causes changes in hormonal balance.  
This leads to disorders of egg maturation and shedding.





We are concerned about toxic chemicals.  
How do they affect our fertility?

Chemicals, which work in your body like hormones, cause troubles to your fertility. For example plastic fertilizer, cosmetics, cans, cleaners, toys and new clothes could consist those chemicals. They affect men`s fertility by impairing sperm quality and for women they cause disturbances in the menstrual cycle and cause changes in hormonal balance.





We still have hope for having a family! There are a few things we need to fix , but we will make it happen! Thank you so much for the information you have given.

You are very welcome!

Just remember to relax and take good care of sexual and reproductive health. I wish you good luck with having a family! And if you have any problems or more question, you find more infomation on.

<https://projects.tuni.fi/4steps/> or <https://preco.tamk.fi/>.



# Reference & Authors

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