

# FERTILITY 101

## According to Fertility Matters Canada, infertility is defined as:

- The inability to conceive after having regular unprotected sex, after one year for women who are under 35 years old and after 6 months for women over 35 years old.
- The inability to contribute biologically to a conception, or
- The inability to carry a pregnancy to a live birth



**1 in 6 Canadian couples struggle with infertility i.e. approximately 16% of couples in Canada experience infertility. This number has doubled since the 1980s.**

## What impacts our fertility?

- maternal and paternal age
- egg and sperm quality
- menstrual cycle and medical conditions (thyroid disorders, PCOS, STIs etc.)
- birth control pill (this can mask underlying reproductive issues)
- lifestyle factors such as diet, nutrition, exercise, smoking, and stress
- weight (underweight or overweight)
- genetics

## How do I boost my fertility?

- talk to your medical and naturopathic doctors
- get testing and imaging done for your hormones and reproductive organs
- consult with a fertility clinic
- seek support for weight management and other lifestyle factors
- support your sperm and egg health
- consider acupuncture; it has been shown to improve IVF and IUI outcomes

## Did You Know?

In approximately 3 months, you can transform the health of your eggs or sperm with the right nutrients, supplements, and healthcare.

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