

## Fact or Fiction? A Women's Fertility Trivia

**Grab a friend or two and see how much you know about women's fertility. Corresponding answers are on the next page. No peeking!**

- 1) You can get pregnant any day of the month.
- 2) Ovulation is always on day 14 of your menstrual cycle.
- 3) There are health risks if you're pregnant and are 35 or older.
- 4) Being on birth control for too long will negatively impact your fertility.
- 5) Fertility issues impact very few people, most of whom are older.
- 6) Infertility treatments are always out-of-pocket because health insurance doesn't cover them.
- 7) You're in menopause once you're around 50 and miss a few periods.
- 8) Current and past STIs can complicate pregnancies and even cause infertility.
- 9) As long as you quit smoking before you try to get pregnant, it should have no impact on your fertility.
- 10) You should see a doctor if you've been trying to get pregnant for a year and have been unsuccessful.

## Ready for the answers?

1) Fiction. The "pregnancy window" lasts six days each menstrual cycle. It's the 5 days before you ovulate and the 24 hours after.

2) Fiction. While ovulation generally occurs 14 days before your period starts, there's variability.

3) Fact. While more women are having children after the age of 35, there are still risks. The mother is at an increased risk for high blood pressure and gestational diabetes, and the baby is at an increased risk for chromosomal abnormalities.

4) Fiction. Birth control shouldn't impact your fertility at all, as the hormones will be out of your system as soon as you stop your contraceptive method.

5) Fiction. Approximately 11% of women and 9% of men of reproductive age in the United States experience fertility issues.

6) Fiction. Infertility treatment coverage depends on where you live. There are 15 states that have some sort of infertility insurance law, requiring varying coverage of infertility diagnosis and treatment.

7) Fiction. You reach menopause when you've not had a period for 12 consecutive months. Anytime before that is perimenopause, during which there's still a chance of pregnancy.

8) Fact. Left untreated, STIs such as chlamydia and gonorrhea can cause health conditions that complicate pregnancy or cause infertility. This applies to men as well, as untreated STIs can damage the male reproductive tract.

9) Fiction. Smoking can severely age your eggs and deplete your egg reserve prematurely, making it harder to get pregnant when you're ready.

10) Fact. For women age 35 or older, the recommendation is to visit a doctor after six months of unsuccessfully trying to conceive.