



WEBINAR



Fertility Awareness: My Body Changing

Presented by

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Why World Fertility Day is so Important?



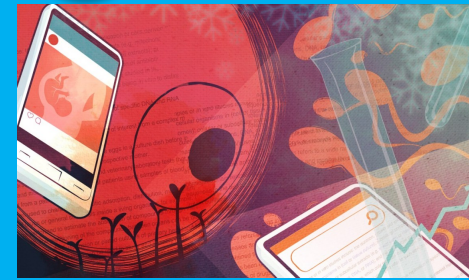
Need to
communicate



Change how people
think about infertility



Educate about
Fertility





Social burden of Fertility



China: My brother-in-law said to us once without respect that we won't know how to teach children since we do not have any. We felt insulted.



Ghana: The people in my community are real gossips. They talk too much. They gossip a lot about it. Sometimes I pass by some places and all that I see is people pointing fingers at me

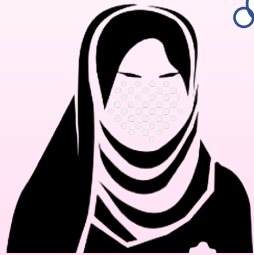




Social burden of Fertility



Iran: I like to be alone at home and do not like to go anywhere. A woman who does not have a child must stay at home.



Kenya: Our culture demands that, for a woman to be socially acceptable, she should have at least one biological child.





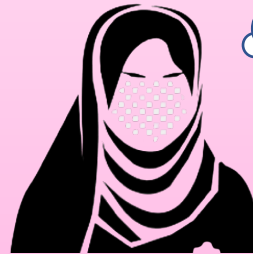
Social burden of Fertility



Pakistan: Now whenever I go to any family gathering, right away they ask me this question. It feels very strange. When someone comes to meet me at my house they ask the same question. I feel very hurt that why do people say this thing.



Turkey: My depression is [primarily] because of my neighborhood. Whenever I socialize, they ask me questions like, ‘Don’t you have a child?’... If I say that I am trying to get a tube baby, it will fly around immediately and we will become a subject of gossip





Social burden of Fertility



United States: My maternal instinct is being denied. It's a slap in the face. I feel like I'm isolated in a prison; I have no one who understands how horrible this is. People don't know what to say to you ... I think I'm alternatively dealt with as either someone who has died or that have a handicap



United Kingdom: Whenever people ask when I'm going to have children, I tell them I can't have kids, and they look at me like I've handed them a dead puppy. People don't know how to react and often say the completely wrong thing – usually along the lines of “lucky you, kids are a nightmare” or “just relax and it will happen” – not helpful.

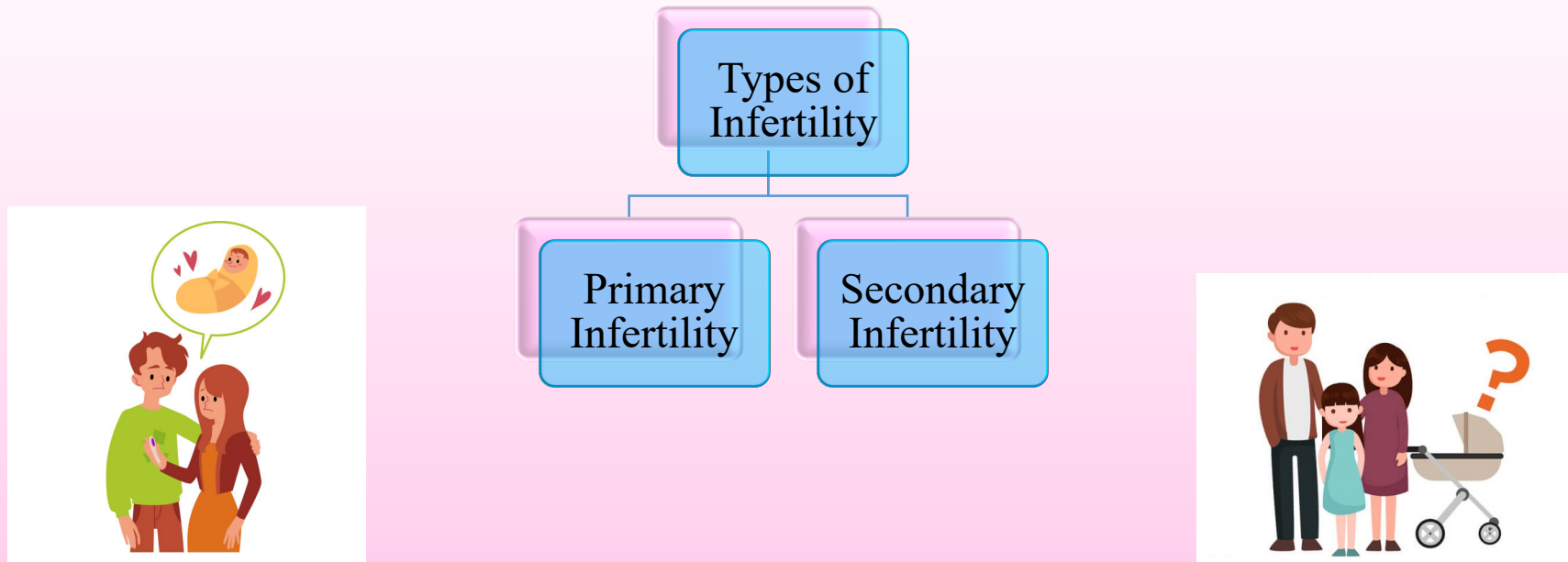




Clinical Definition of Infertility

“A disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse.”

Infertility is recognized as an illness by the World Health Organization.



When couples are not able to become pregnant after at least 1 year (six months in case of women age ≥ 35) of having regular unprotected sexual intercourse.

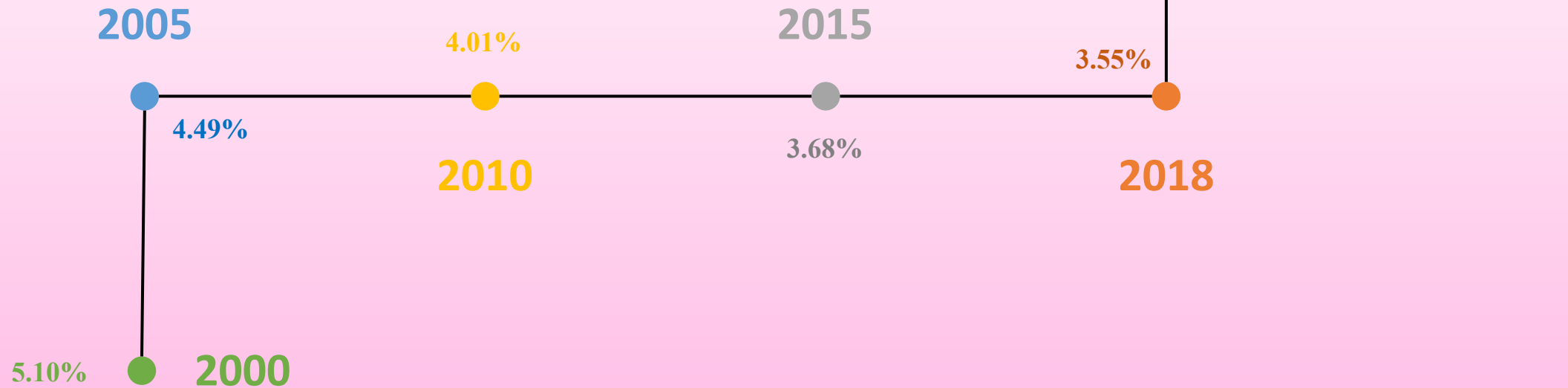
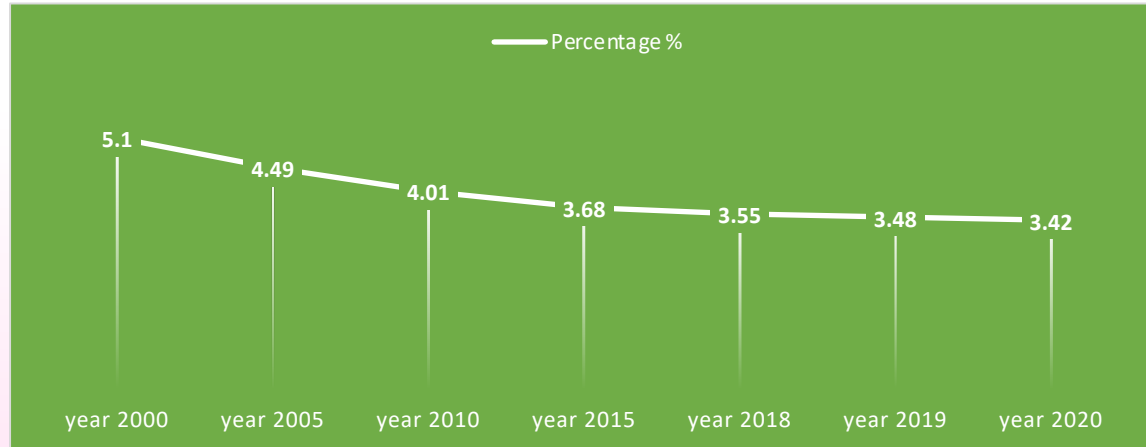
When couples have been able to get pregnant at least once, but second time is unable to do so.



Pakistan Fertility Rate from 2000-2020

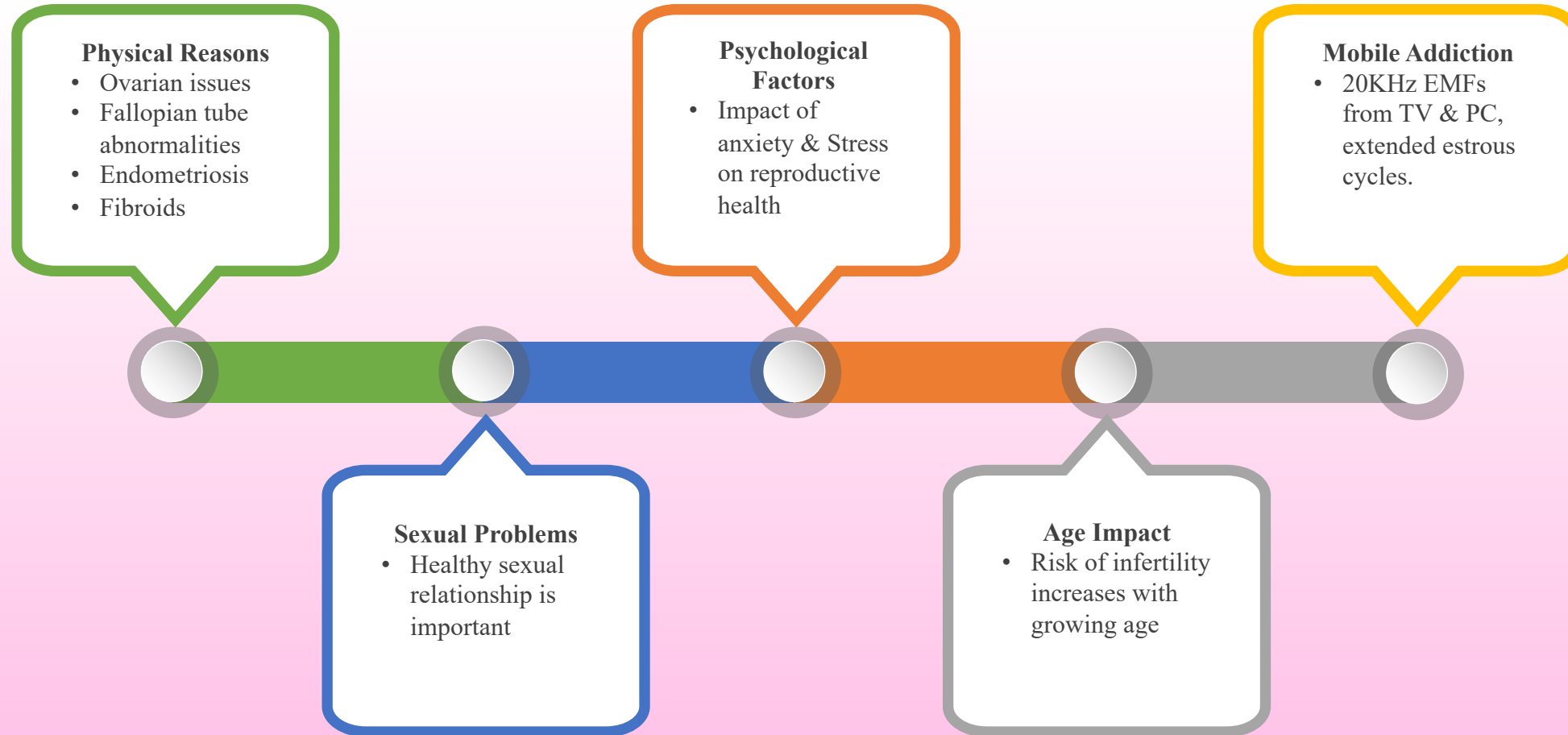


Fertility rate for Pakistan in given years shown births per woman





Main Reasons of Infertility Growth in Pakistani Women





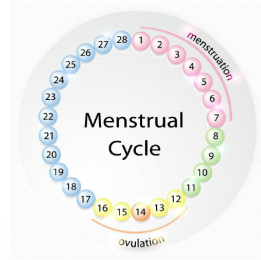
Female Fertility Timeline



immature egg follicles
1 to 2 million



About 400,000 eggs remain
at start of menstruation



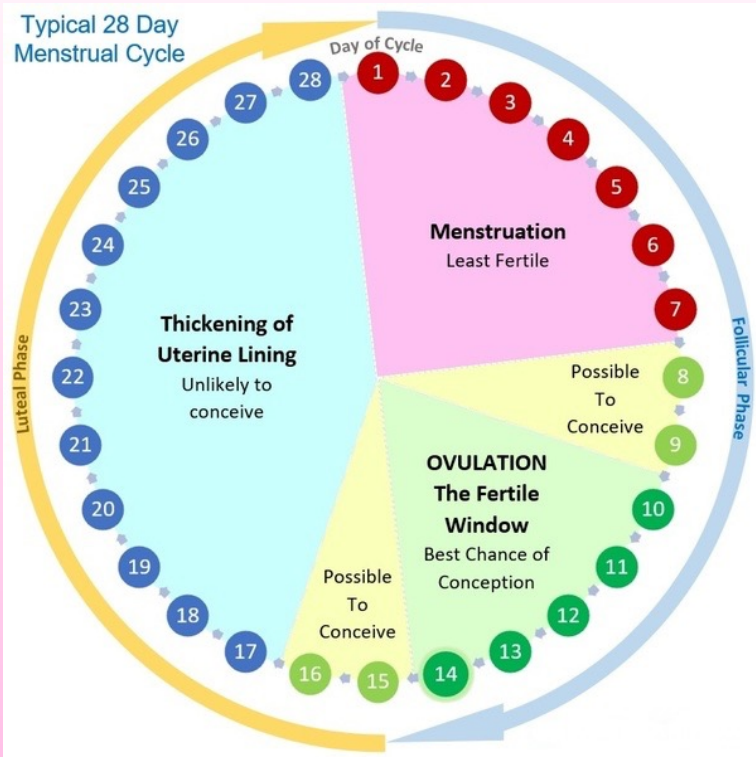
With each menstrual cycle
several hundred eggs are lost



As the body ages, it has fewer follicles.



Chances of
conceiving are low



FEMALE *fertility* TIMELINE

AGES 18-24	AGES 25-30	AGES 31-35	AGES 36-40	AGES 41-45+
“best” age to procreate from a physical standpoint	chance of getting pregnant without intervention remains steady	chances of conceiving are still high but odds will start to decline	greatest reduction in fertility; risks of chromosomal issues with eggs are higher	chances of conceiving are low; body is preparing for menopause



Infertility Risk Factors



Infertility Risk Factors

- past cancers
- irregular periods
- smoking & drinking
- history of STDs
- 35+ age
- obesity

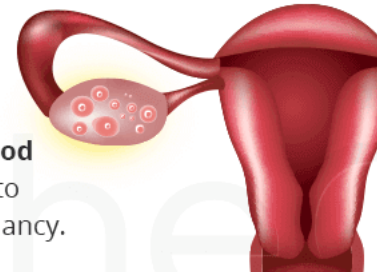
Fertility

Because a woman's ability to conceive children **diminishes over time**, understanding what factors affect it can help women improve fertility with ease.

Understand

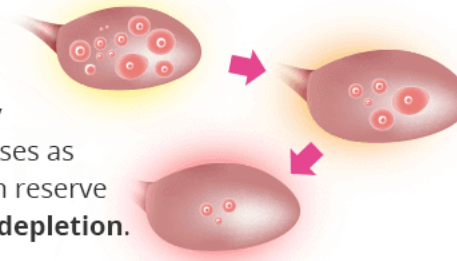
Ovarian Reserve

- The ability of ovaries to provide **sufficient, good quality eggs** to achieve pregnancy.



Fertility and Age

- With age, fertility decreases as ovarian reserve **nears depletion**.



Improve

Natural Fertility Boosters

- Lifestyle habits
- Herbal medicine
- Alternative therapies



Infertility Treatments

- Fertility pills
- Fertility injectors
- Fertility surgery

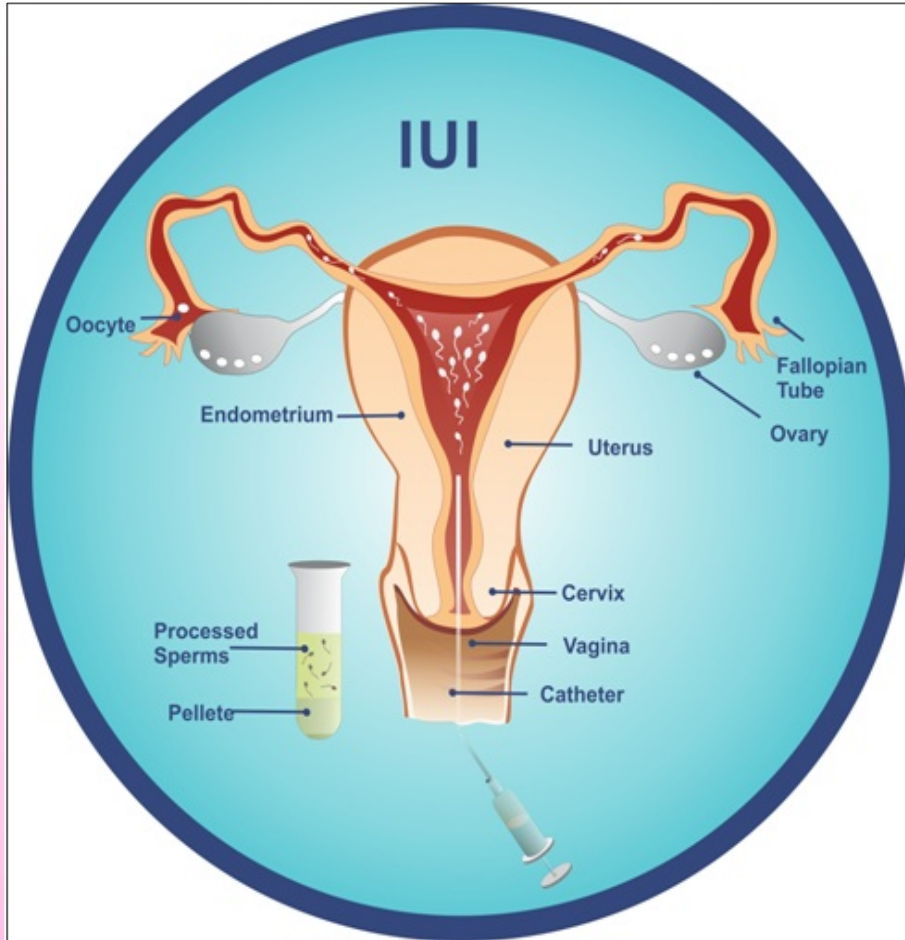




Infertility Treatment



Infertility in Men and Women can also be treated with Assisted Reproductive Technology (ART).

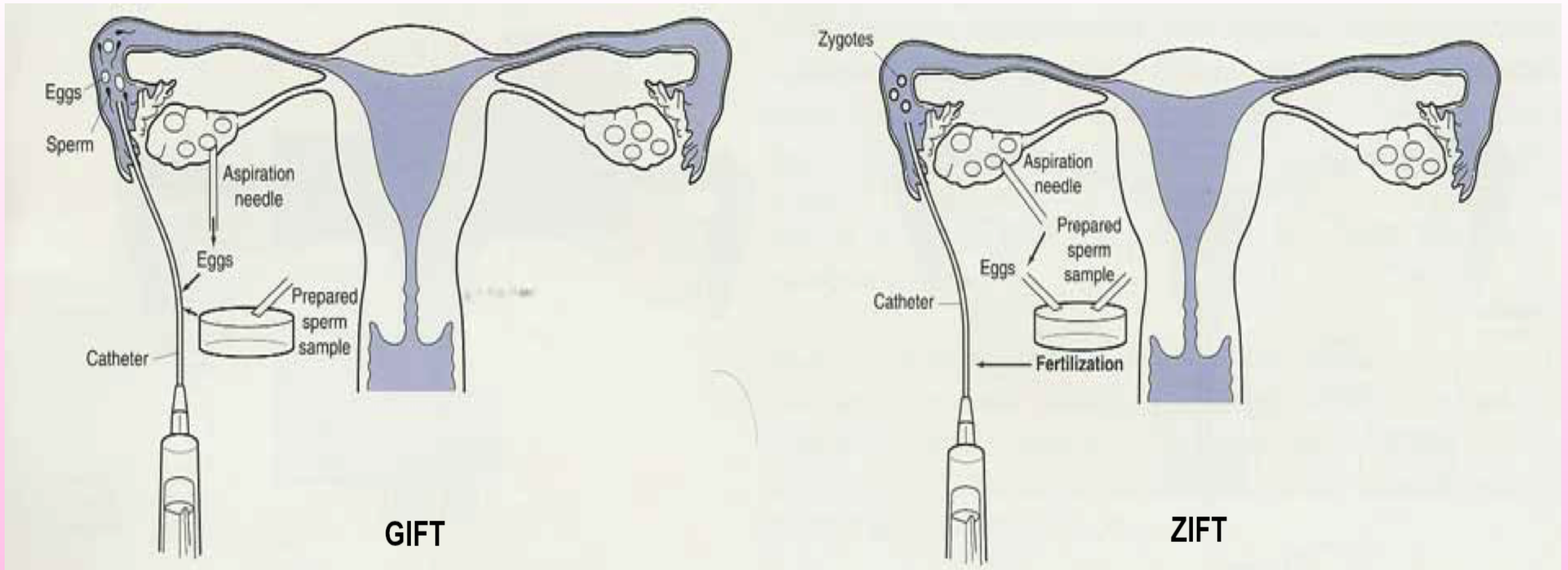




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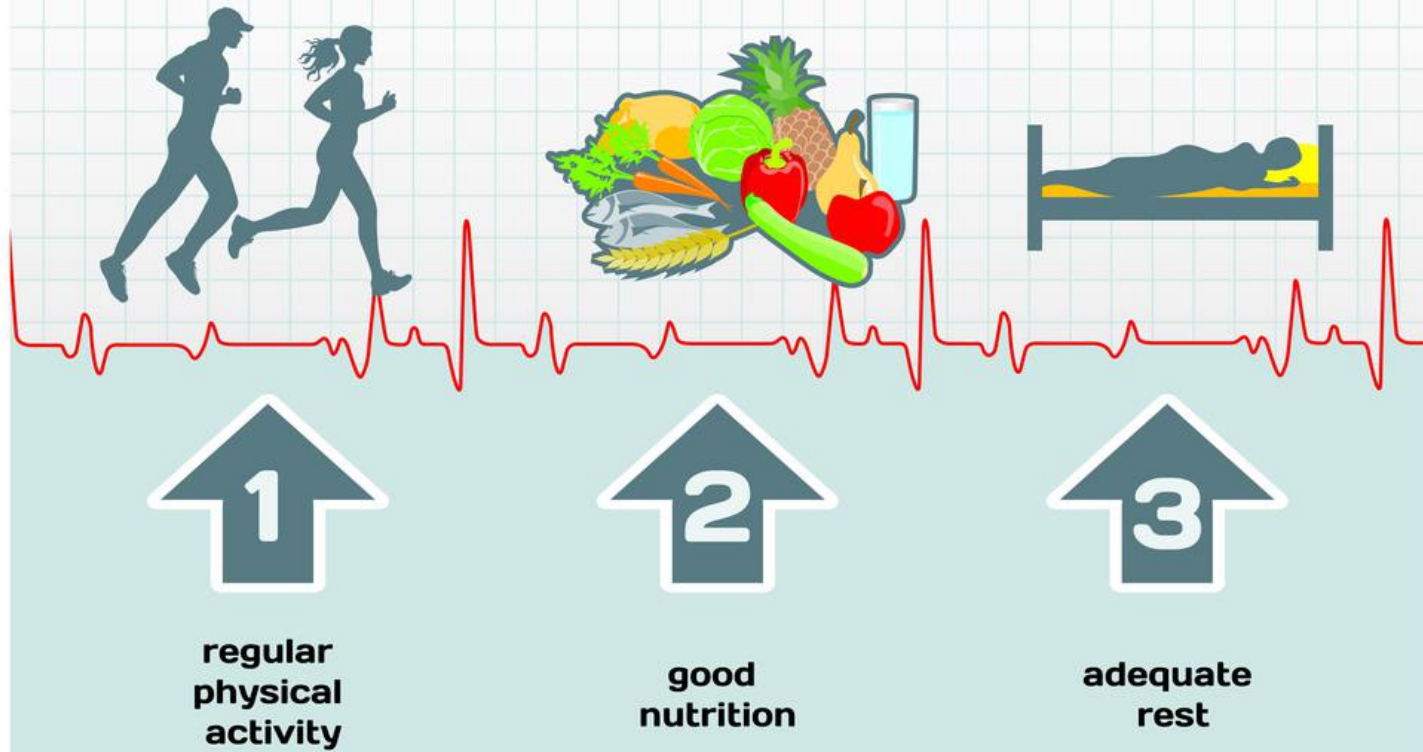




Conclusion



physical health

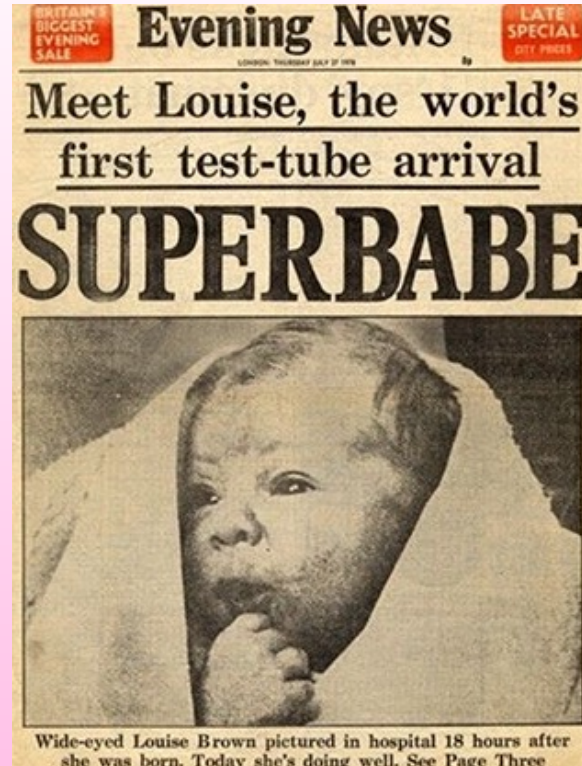




Major Fertility Breakthroughs



The first IVF baby, Louise Joy Brown, was born in 1978, and since then millions of parents have welcomed babies born via this procedure.





Major Fertility Breakthroughs



Decades after the first baby was conceived with frozen sperm, the first birth from a frozen embryo came along in 1984, followed 2 years later by the first birth from a frozen egg.





Major Fertility Breakthroughs



IVF specialists now perform chromosomal screens on 5-day-old embryos, offering a more extensive genetic analysis than earlier tests in which younger embryos were screened. The technique may increase the rate of successful pregnancies and cut miscarriage rates in half by identifying healthier embryos for implantation.





Major Fertility Breakthroughs



Using time-lapse imaging, IVF embryos are monitored in the lab for 5-6 days to determine when they develop into blastocysts. The technique allows those embryos that appear to be developing most normally to be selected for implantation.

