



PROLIFE SUPPORT

DISCOVER THE FUTURE OF ONLINE CARE

Fast Facts on the Woman's Egg

- The peak number of eggs a woman ever has takes place at about 20 weeks of gestation (before they are born and still inside their mother's womb). At this point, they have roughly 6-8 million eggs. No new eggs will ever be made from this point on.
- Egg cells are constantly degenerating and go through a cell death process known as atresia.
- Starting with puberty, a new batch of eggs are selected every day to start developing. The number of eggs that leave the "waiting pool" each day is highly dependent upon the age of the woman.
- During peak reproductive years, roughly 30-40 eggs will leave this waiting pool and start to develop each day (a thousand a month). Of these, only 1/10th will enter a menstrual cycle and typically only one egg is developed fully and ovulated.
- Because many eggs start to develop but die off before being ovulated, a woman goes through roughly 300,000-400,000 eggs in their reproductive years, but only ovulates 300-400 eggs.,

ProLifeSupport is a non-profit giving 100% of all donations for the medical and ministerial care to save the life of a baby and mother from abortion.

NO GOVERNMENT TAXPAYER MONEY WILL EVER BE ACCEPTED!

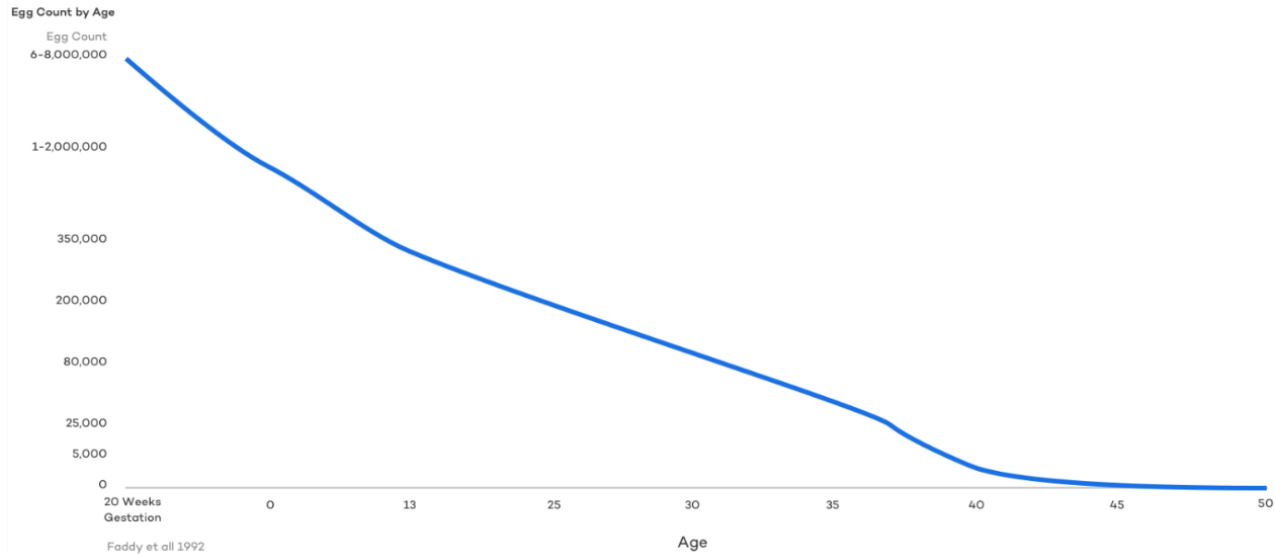
Everyone can **GIVE** and know a child will be saved. God is watching and he will expose evil, that no person should be thrown away.

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How Many Eggs Does a Woman Have at Birth?

A woman is typically born with around 1-2 million eggs in their ovaries. Unlike men who are always producing new sperm to replenish their sperm count, females stop making eggs. What's even more unexpected is that females will have produced all they [eggs](#) they will ever make by 20-weeks of gestation (halfway through the pregnancy). Usually, that number is around 6-8 million.

How Many Eggs Does a Woman Have at Puberty?

Even though a female doesn't typically start menstruation and have the ability to get pregnant until they are between the age of 10-15, eggs are constantly degenerating and being lost throughout infancy and adolescence. As a prepubescent female, approximately 10,000 eggs will degenerate and "die" each month. That means by the time a woman reaches puberty, they only have 300,000-400,000 eggs left in their ovaries.



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How Many Eggs Does a Woman Have at 30?

Of course, there is a great deal of variation in women; some are tragically diagnosed with primary ovarian inefficiency (POI aka premature ovarian failure) in which a woman runs out of eggs while in their 20s or 30s, while other women are blessed with an incredibly high [ovarian reserve](#) even well into their thirties and even forties.

Of course, when speaking generally about how many eggs a woman has in their 30s, we're talking averages and estimates. Women in their early thirties are generally better off than women in their late thirties as ovarian reserve declines sharply in the late thirties. For example, a woman at 30 often has around 100,000-150,000 eggs in reserve. By 35, that number is likely around 80,000. Late into the thirties, that number could be 25,000, 10,000, or fewer.

How Many Eggs Does a Woman Have at 40?

After the rapid decline in egg count starting around age 37, by the time a woman hits 40, their ovarian reserve is often estimated to be around 5-10,000. But again, there are no one-size-fits-all answers here.

How Many Eggs Does a Woman Have at 50?

By 50, women are likely to only have a few hundred if any eggs left at all. The average age of menopause is around 51-52 years of age, though smoking and other factors may cause the onset of menopause earlier. Chemotherapy and radiation notably have a very toxic effect on egg quantity.

When eggs run out, the ovaries cease to make estrogen, and the woman will start menopause.

What Happens to All the Lost Eggs?

As you just read, a woman in the height of their fertility loses roughly 1,000 eggs every month but only ovulates one. Nobody knows exactly why evolution hasn't found a more efficient way to develop eggs, but let's cover what we do know so we can at least begin to understand what happens to those 999 eggs that are lost every month.



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Bottom Line

Women have all the eggs they will ever have while at about 20 weeks gestation (while they are a fetus inside their mother's womb). At this point, they will have roughly 6-8 million eggs, and from there on out, their egg count is in constant decline due to natural processes. By the time a woman is born, they have 1-2 million eggs remaining, and by the time they hit puberty, they have around 300,000-400,000 eggs.

In a woman's reproductive years, they will lose roughly 1000 eggs but ovulate only one egg each month. If you're asking how many eggs a woman has, that answer depends largely on their age, toxic exposures like smoking, chemotherapy, and radiation. But because there is so much natural variance in the population, testing can be done to help approximate how many eggs you may have left. And if you think a dwindling egg count may be a concern, egg freezing is a medical treatment that can help preserve your fertility.

- 1. [*The Variability of Reproductive Aging*](#)
- 2. [*The Variability of Female Reproductive Ageing*](#)
- 3. [*Smoking and Age at Menopause in Women*](#)
- 4. [*Toxicity of chemotherapy and radiation on female reproduction*](#)
- 5. [*Acute doxorubicin insult in the mouse ovary is cell- and follicle-type dependent*](#)
- 6. [*Docetaxel induces moderate ovarian toxicity in mice, primarily affecting granulosa cells of early growing follicles*](#)
- 7. [*O-111 Cyclophosphamide triggers follicle activation causing ovarian reserve 'burn out'; AS101 prevents follicle loss and preserves fertility*](#)
- 8. [*The Impact of Chemotherapy on the Ovaries: Molecular Aspects and the Prevention of Ovarian Damage*](#)
- 9. [*The nature of aneuploidy with increasing age of the female partner: a review of 15,169 consecutive trophoctoderm biopsies evaluated with comprehensive chromosomal screening*](#)

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