



DIFFICULTY IN CONCEIVING DUE TO AGE – IS IVF THE SOLUTION?

The world is changing, and we are changing along with it. **One of the visible changes we commonly see is couples choosing to start a family a little late in life.** The reasons for this are plenty. Careers, personal goals or simply waiting for the right partner – all of these contribute to delaying parenthood. But when the decision is finally made, some face an unexpected hurdle – difficulty in conceiving. And this is primarily because of the age factor.

So, what's going on?

Yes, age does negatively affect chances of conceiving. For women, fertility naturally starts to decline in the early 30s and drops even more significantly after 35. By 40, it becomes very difficult to conceive naturally, and the risk of complications also increases. Age affects fertility in men as well although the decline is more gradual. With increased age there is a negative impact on sperm quality and fertility outcomes.

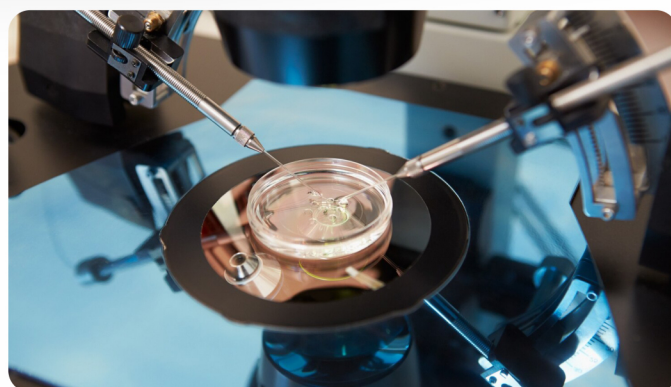
This is where IVF – In Vitro Fertilisation can prove effective.

IVF – A ray of hope

Yes, IVF has become the go-to option for many hopeful parents dealing with age-related fertility challenges. It involves fertilising an egg outside the body and then implanting it into the uterus. While it sounds hi-tech and complex, it has been a life-changing process for millions around the world.

But is IVF a surefire solution?

Well, the answer to this is yes and no. IVF has definitely helped countless couples become parents and specifically for women in their late 30s and 40s, IVF is a genuine chance of a successful pregnancy. This is even more so when it is paired with options like donor eggs.



But, that said, IVF isn't a guarantee. One has to keep in mind that success rates decrease with age, particularly after 40. It can also be quite emotionally and financially demanding. Multiple rounds may be needed, and the process itself can be physically taxing.

So, what does one need to keep in mind?

So, as you see, several considerations come into play to increase the chances of conception.

Firstly, timing matters. If you're thinking about starting a family later in life, speak to a fertility specialist at the earliest. Options like egg freezing work best while fertility is still high.

Secondly, it pays to be informed. IVF is a powerful tool, but it's not the only one. Depending on your situation, other treatments or lifestyle changes might be enough.

To summarise, IVF can be a great option for age-related infertility, but it's not a one-size-fits-all fix. To successfully conceive, it is vital for you to be proactive, understand your body and be aware of all your options. Indeed, when it comes to building your family, informed choices make all the difference.