

How age affects ovulation quality, timing, and predictability



Age affects ovulation through both egg quantity and egg quality

Ovulation can remain regular while fertility per cycle declines

How timing may change from the 20s to the 40s

Predictability: why fertile-window tracking can become harder

Perimenopause and the shift from predictable ovulation to intermittent ovulation

Egg quality is not the same as cycle regularity

When to seek medical guidance