

Understanding Fertility and Pregnancy After 35: Challenges, Tips, and Support



Highlights

Trying for pregnancy after the age of 35 can come with certain challenges. Your fertility, or the ability to conceive, starts to decrease as you age. If you're 35 or older and have been trying to conceive for 6 months or more, it's a good idea to consult with a doctor for guidance.

In This Article

- Challenges of Getting Pregnant After Age 35
- Improving Your Chances of Getting Pregnant
- Lifestyle Tips When Trying to Get Pregnant
- Consulting Your Doctor
- Fertility Treatments
- Pregnancy Risks After Age 35
- Tools and Assistance

Challenges of Getting Pregnant After Age 35

Improving Your Chances of Getting Pregnant

Use a period tracker app.
Keep track of your ovulation with an ovulation calendar.
Monitor changes in your cervical mucus and body temperature.
Use an ovulation test kit.

Lifestyle Tips When Trying to Get Pregnant

Eating a balanced and healthy diet rich in essential nutrients.
Maintaining a healthy weight.
Engaging in regular physical activity.
Avoiding alcohol, as it can impair fertility and affect your health.
Quitting smoking or vaping, as both can have detrimental effects on fertility.
Avoiding second-hand smoke and vaping whenever possible.
Steering clear of recreational drugs, which can interfere with fertility and pregnancy health.

Check your weight and blood pressure.
Review any medications you are taking to ensure they are safe for pregnancy.
Recommend taking folic acid and iodine supplements, which are essential for fetal development.
Confirm that your vaccinations are up to date.
Screen for sexually transmitted infections (STIs), which can impact fertility.
Suggest genetic carrier screening to determine if you carry genes for certain genetic conditions.

Consulting Your Doctor

Blood tests to check hormone levels and assess ovarian reserve.
Screenings for sexually transmitted infections.
Ultrasound scans of your reproductive system, which may include a vaginal ultrasound to evaluate the health of your ovaries and uterus.

Fertility Treatments

Hormone treatments: These may help regulate ovulation or improve the quality of your eggs.
Assisted reproductive technologies (ART): Treatments such as in vitro fertilization (IVF) are available for individuals who have trouble conceiving

naturally. IVF involves fertilizing an egg outside the body and then transferring the embryo to the uterus.

Pregnancy Risks After Age 35

Pre-eclampsia: A pregnancy-related condition characterized by high blood pressure, which can be dangerous for both the mother and baby.

Gestational diabetes: A form of diabetes that develops during pregnancy, which can lead to complications if not managed.

Miscarriage: The risk of miscarriage is higher for women over 35.

Chromosomal abnormalities: There is an increased risk of genetic conditions, such as Down syndrome, as you age.

Tools and Assistance

Period Tracker Apps: These apps help track your menstrual cycle, ovulation window, and fertile days. They provide reminders for when you are most likely to conceive.

Ovulation Test Kits: Over-the-counter kits that detect hormonal changes in your urine to help pinpoint your ovulation window and increase your chances of pregnancy.

Prenatal Vitamins: Taking folic acid and iodine supplements is recommended to support fetal development and reduce the risk of birth defects.

Pre-pregnancy Check-ups: A pre-conception consultation with a doctor can help you assess your overall health, review medications, and confirm vaccinations.

Fertility Tests: Tests such as hormone level blood tests, ultrasound scans, and screenings for sexually transmitted infections (STIs) can give insight into your fertility health.

Assisted Reproductive Technology (ART): If natural conception is not successful, ART options such as in vitro fertilization (IVF) can provide alternative routes to pregnancy.

Genetic Counseling: Available to assess genetic risks for certain conditions, especially for women over 35.