



Trying To Conceive At 30?

Know some facts and tips

Facts



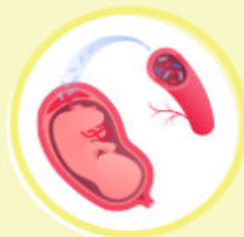
By 30, a woman's fertility rate begins to decline

About 1 in 4 women can get pregnant in a single menstrual cycle in their 30s



In the US, the rates of women giving birth in their 30s have peaked in four decades

The risk of chromosomal abnormalities increases when women get pregnant in their late 30s



Early and routine prenatal care is vital to facilitate a healthy pregnancy after 30

More Tips For Getting Pregnant



Go through a preconception checklist to assess your pre-pregnancy health



Get treated for health issues, such as diabetes or high BP, before planning to conceive



Learn about crucial vaccinations to protect yourself and your fetus from infections during pregnancy



If you use birth control, speak to your doctor about when to stop using it



Maintain good dental and overall health. Stay active, positive, and hopeful

References

1. Having a Baby After Age 35: How Aging Affects Fertility and Pregnancy; ACOG
2. Trying to Get Pregnant; NHS
3. Risks of Pregnancy Over Age 30; University of Rochester
4. Pregnancy After Age 35; March of Dimes