

Female age is a very important consideration for predicting the likelihood of getting pregnant. The real issue is egg quantity and quality - which translates to embryo quality after fertilisation. Increased infertility with age is a well documented problem and very apparent in modern society. As more women wait longer to have children, a higher percentage of couples will experience fertility problems. In today's society, age-related infertility is becoming more prevalent as the mean age of women having their first child has increased to 30 with 20% waiting until after age 35 to begin their families.



Several factors have contributed to this trend:

- Contraception is readily available
- More women are in the work force
- Women are marrying at an older age
- Second marriages are more common
- Married couples are delaying pregnancy until they are more financially secure
- Many women don't realise that their fertility begins to decline in their early 30s.

In addition, stories in the media may lead you to believe that you can delay getting pregnant and then use Assisted Reproductive Technologies (ART) to get pregnant when you're ready. However, age affects the success rates of even the best infertility treatments. For example, if you are a healthy 30 year old woman, you have about a 20% chance per month of getting pregnant but by age 40 your chance has reduced to only about 5% per month.

In many cases, these percentages are true for natural conception as well as conception using ART. Even though women today are healthier and taking better care of themselves than ever before, improved health in later life does not offset the natural age-related decline in fertility.

Even though a woman has over a million eggs in her ovaries at birth, she only has about 300,000 left by the time she reaches puberty. Of the eggs remaining only about 300 will be ovulated during her reproductive years and the rest will be lost through the process of atresia. Smoking appears to accelerate atresia and is linked to earlier menopause.

Nor are men free from the tyranny of aging. While they may produce sperm throughout their entire lifetime there is now considerable evidence to also show that there is a decline in sperm quality once they pass 30 years of age. As with women smoking will accelerate this.



Referral Information:

As a new or continuing patient at Next Generation Fertility it is required that you have a current referral from your GP or other medical specialist to one of our fertility specialists. You must bring this referral with you on the day of your first appointment.

A referral from your GP lasts for twelve (12) months, however you can request an indefinite referral which will be valid for the entire duration of your treatment. If you bring a referral from a specialist, this will only be valid for a three (3) month period and must be updated after this time.

Appointment Information:

To make an appointment please call our administration team on 1300 300 643.

Our Locations

North Parramatta Rooms

NGF IVF Laboratory
Level 2, 1 Fennell Street
North Parramatta NSW 2151

(02) 9890 9022

Campbelltown Rooms

Campbelltown Private Hospital
Level 1, 42 Parkside Crescent
Campbelltown NSW 2566

1300 300 643

Penrith Rooms

Nepean Private Specialist Centre
Suite 1, 1A Barber Avenue
Kingswood NSW 2747

1300 300 643

Bella Vista Rooms

Norwest Private Hospital
L1, Suite 107, 9 Norbrik Drive
Bella Vista NSW 2153

1300 300 643