



Handy hints for making babies for women

There are some important changes you can make to your lifestyle that may increase your chances of getting pregnant and having a healthy baby.

Have a BMI of 20 – 25

- A healthy body mass index (BMI) is associated with better fertility.
- Pregnancy in overweight women is associated with problems such as diabetes and high blood pressure.
- Eat healthily and undertake moderate exercise regularly.

Don't smoke or do drugs

- Smoking halves the chances of conceiving each month and can also double the chance of miscarriage.

Take folic acid

- Take folic acid supplements when trying to get pregnant and up to 12 weeks into the pregnancy.
- Folic acid can help reduce the chances of spina bifida by up to 92%. Other minerals and supplements may also be useful.

- Use iodised salt, as iodine is necessary for fetal brain development.
- Avoid products containing Vitamin A.

Reduce caffeine and avoid alcohol

- Caffeine may reduce your chances of conceiving.
- There is no safe limit of alcohol during pregnancy, so it's best avoided.

Medication

- Discuss all your medications with your doctor.
- Come off any complementary or alternative supplements. Daily stress does not affect fertility.

Rubella

- Make sure you have had a rubella immunisation. Rubella can damage unborn babies.

Chicken pox

- Find out if you have had chicken pox. If not, consider immunisation.



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KAMI MEMAHAMI KERANA KAMI PRIHATIN



Handy hints for making babies for men

A range of lifestyle factors may help enhance your fertility and chances of conceiving.

Have a normal BMI

- Keep active and stay slim. Obese men have sperm counts on average 22% lower when compared to their slimmer counterparts.
- Have a body mass index (BMI) below 28.

Don't smoke or do drugs

- Smoking and some recreational drugs can reduce sperm quality.

Avoid alcohol

- Alcohol has also been shown to affect fertility.

Keep testes cool

- Wear boxer shorts, not briefs, this helps the testes to keep cool.
- Men in sedentary jobs can have poorer quality sperm because their testes are more prone to heating up. Keep your laptop off your lap!
- Don't have a hot bath, sauna or spa too frequently.

Have a healthy diet

- Eat a diet with lots of healthy antioxidants. Foods rich in antioxidants can reduce the damage that chemicals called free radicals can have on sperm.
- Antioxidants are found in fresh vegetables, fruit, nuts, seeds, green tea and dark chocolate.
- Come off any complementary or alternative supplements. Daily stress does not affect fertility.

Medication

- Discuss all your medications with your doctor.



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