Health and Lifestyle

### Lifestyle Changes that Helps to Enhance Infertility Treatment

It is essential for couples suffering from infertility problems to adopt lifestyle changes that help to enhance infertility treatment. Weight control is vital to enhance infertility treatment in women. Being overweight or underweight can delay your reproduction. You may not conceive within the right time. Having a normal BMI (body mass index) will help to enhance your fertility rate. Therefore, consider exercises and a healthy lifestyle. 1

### Weight 2

* Women who are underweight or overweight ovulate (release an egg) less regularly, or sometimes not at all, compared to women of a healthy weight.
* Thus maintaining a healthy weight makes it easier for a female to conceive.
* Women should aim for a BMI (body mass index) of 19–25 for the best chance of getting pregnant.
* Regular exercise and a healthy diet can help maintain a suitable weight.

### Diet 2

* Make sure that you eat a nutritious, balanced diet of at least five portions of fruit and vegetables a day.
* Include carbohydrates such as bread/roti and proteins such as meat, fish and pulses in your diet.
* Green leafy vegetables are high in folic acid, which can help prevent birth defects.

### Stress 2

* Stress can often affect fertility because it may lead to you having sex less frequently.
* For the best chance of becoming pregnant, you need to have sex every two to three days.
* Talk to your partner if you are feeling stressed and consider using counselling.
* You may also find regular exercise helpful.



### Planning for Pregnancy

You have thought about your goals for school, for your job or career and for your health. You have also thought about how having children fits in with those goals, and you have decided that you want to become pregnant. Your preconception health (before pregnancy health) is very important and can affect the health of your future baby. By making a plan before getting pregnant and taking the time to get healthy, you can take the steps to a healthier you and baby-to-be. This is a tool to help you do that.3

### Medical conditions

Talk to your doctor about how your pregnancy might be affected if:

* you have any medical condition such as diabetes or epilepsy (seizures/convulsions)
* you have a history of heart or circulatory problems, such as high blood pressure or blood clots
* you or your partner have any hereditary conditions in the family
* you have gynecological problems4

### Medicines and drugs

If you take medicines for any reason tell your doctor that you are planning to get pregnant as some drugs may affect the developing baby. Don’t stop any medication you are taking for a medical condition until you talk with your doctor, as this may affect your health. 4



### Goals for a Healthier me and baby-to-be! 3

* Eat healthy foods.
* Be active.
* Take 400 micrograms (mcg) of folic acid daliy.
* Protect yourself from sexually transmitted infections (STIs).
* Protect yourself from other infections.
* Avoid harmful chemicals, metals, and other toxic substances around the home and in the workplace.
* Make sure your vaccinations are up-to-date.
* Manage and reduce stress and get mentally healthy.
* Manage your health conditions, such as asthma, diabetes, overweight.
* Get regular health checkups.

### References

1. http://www.ivf-about.com/infertility/3-lifestyle-changes-that-helps-to-enhance-infertility-treatment
2. http://www.nhs.uk/Conditions/Infertility/Pages/Prevention.aspx
3. http://www.cdc.gov/preconception/showyourlove/documents/Healthier\_Baby\_Me\_Plan.pdf
4. http://www.fpa.org.uk/sites/default/files/planning-a-pregnancy.pdf