

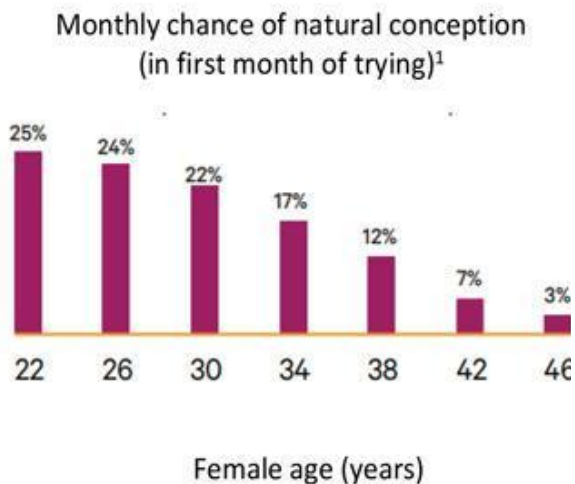
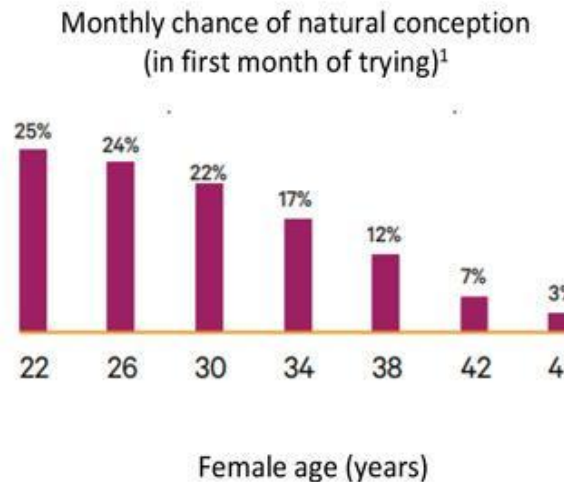
The following information graphic was produced by Generation Fertility.

Bloor West Village Women's Clinic does not endorse any particular fertility clinic, and we are providing this graphic for information purposes only:

Reproductive Aging and You

For women, fertility peaks between the age 20-24 years. By their mid to late-thirties, chances of conceiving (in the first month of trying) is decreased by half. Past age 46, the chances decline further to approximately 1%.

Regardless of age – the longer a woman tries without success, the lower the chances of conception.



1. Adapted from Menken J, Trussell J, Larsen U. Age and infertility. Science. 1986;23:1389.

This pattern is generally consistent, regardless of lifestyle and overall health, for two reasons:

- **Egg quantity.** Women are born with approximately 400,000 eggs and every month after puberty, this number declines, for some women more rapidly than others.
- **Egg quality.** After the age of 35, the percentage of eggs a woman has that are chromosomally normal, are fewer, reducing the chances of a healthy pregnancy.

Due to general gaps in education and understanding of this concept, often female patients may find themselves in one or more of these situations:



Having delayed the decision to start a family until mid-thirties or later, and struggling to conceive.



Uncertain as to whether they want children, but not having prepared adequately to keep that option available.



Being unpartnered or not ready with a partner to start a family, and struggling to conceive when they are ready.

If you have questions about your future fertility, you can speak with your doctor. There are also several infertility or reproductive assistance clinics that can help you, by advising you on your own personal fertility status and suggesting options for maximizing chances of future conception.

We understand that making decisions about your future and having children can be difficult, and we believe it is important to have as much information as possible, so that you can make the right choices for you!