

# *Tick tock of the biological clock*

WITH DENISE DONATI

Professional men and women focusing on their careers often put off having children until later in life. This may be because they haven't yet found "Mr or Miss Right" or simply because they want to enjoy their financial freedom and lifestyle a little longer.

If you think you fit this picture, read on:

- A woman's fertility peaks at around age 27.
- The risk of miscarriage is nine percent at age 20, compared to 18 percent at 35 and 36 percent at 40.
- At age 42, 80 to 90 percent of a woman's eggs are abnormal and her chance of having a baby naturally is around eight percent.



What about men?

- If over 45, it takes five times longer to get a woman pregnant than it takes a man under 25.
- Sperm DNA (genetic make up) begins to decline in a man's late 30's.
- Recent research notes that fathers over 40 are more likely to have autistic children.

Some other facts that might concern you:

- one in six couples has a fertility issue.
- Fertility problems strike one in three women over 35.
- one out of 25 men has a low sperm count and one in 35 is sterile.
- Healthy couples in their 20's only have a 25 percent chance each month of becoming pregnant.
- At birth a woman already has all the eggs she will ever possess in her ovaries (millions) .These are reduced to 400,000 by puberty and to a few hundred approaching menopause.

So the answer is – there is no snooze button.

More couples, as many as one in six, are seeking help from fertility experts like Fertility Solutions Sunshine Coast and Bundaberg, who ensure that couples receive specifically designed treatment based on their individual needs.

If your biological clock is ticking and you've been trying to conceive for six to 12 months without success, contact your local fertility clinic to see if they can help you maximise your chance of having a family.

Phone: 5444 7311 or [www.fssc.com.au](http://www.fssc.com.au) for more information.

