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Conception Myths

Age is no barrier to achieving many things but it can be a barrier to a woman getting pregnant and having a healthy baby. For conception a woman's age is the single most important factor. Women are born with all the eggs they will ever have. As a woman ages, these are either released, disappear or deteriorate.

Here's the low-down on how a woman's age will affect her chances of getting pregnant and having a healthy baby.

The facts about women, age and fertility

As a woman ages, it takes longer to conceive and the risk of not being able to get pregnant at all increases. Also, the risk of complications in pregnancy and childbirth increases for both mother and baby.

The figures about women, age and fertility

Chances of getting pregnant without IVF

- Starting at about age 32, a woman's chances of conceiving decrease gradually but significantly.
- From age 37, a woman's fertility decline speeds up.
- By age 40, fertility has fallen by half.
- At age 25, only five per cent of women take more than a year to conceive. For women aged 35, this figure rises to 30 per cent.

Pregnancy and birth risks for older mothers

- The risk of complications with pregnancy or birth – and caesarean section – increases with age. Complications include [gestational diabetes](#), [placenta praevia](#), and [placenta abruption](#).
- Older women are more likely to have a baby with birth defects or genetic abnormalities.
- For a woman aged 40 the risk of miscarriage is greater than the chance of a live birth.

Our practitioners are highly experienced at supporting women on their fertility journey and a thorough preconception plan can enhance your fertility greatly.