



Philippine Society for
Reproductive Medicine

When to seek Fertility Care?

1

What age is the best time to get pregnant?

In general, the best time to get pregnant is between late 20's and early 30's. Unlike men, women only have one pool of eggs in their lifetime. As with anything that ages, these eggs are subject to many years of possible harm.

2

Does infertility happen with men, too?

Yes. Infertility is a shared condition between a woman and a man. As we are learning more about this disease, we now see that the condition is more equal than we think.

3

When should we seek treatment?

We encourage you to seek treatment if you are in your late thirties, or earlier if you have previous ovarian surgery, PCOS, or Endometriosis, or have been trying for one year.

4

What is IVF?

IVF or In-Vitro Fertilization is an option for infertility treatment. It involves injectable and oral medicines designed to make a woman have many eggs in one cycle.

5

Can all doctors do IVF?

No. IVF practitioners or infertility specialists are specially trained and accredited gynecologists.

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