

Optimal Conditions for the Woman

Don't miss the right time for treatment

(After the age of 37 the success rate for women to conceive gradually decreases and after the age of 40 it decreases significantly)

Avoid stimulants

(Stop smoking, consume only small amounts of alcohol and coffee)

Avoid being under- or overweight

A Healthy Diet

(Vegetables, fruit, mediterranean products)

Take folic acid supplements

Exercise in the fresh air

Practise relaxation techniques

(Stressed, exhausted couples should not start a fertility treatment)

Try eventually complementary medicine

Don't neglect other ideas and goals

Stay in touch with friends and family

Infertility should not be kept a secret to everybody

Don't let treatment dominate your (sex) life

Talk about the situation with your partner regularly : shall we continue ?



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Optimal Conditions For The Man

Avoid Stimulants

(Stop smoking, consume only small amounts of alcohol and coffee)

Avoid being under- or overweight

A Healthy Diet

(Vegetables, fruit, mediterranean products)

Exercise in the fresh air

Regular ejaculation

(Possibly two or three times a week)

Take vitamin and mineral supplements

Prevent the testes from overheating

(avoid hot baths, sauna, etc.)

Practise relaxation techniques

(Stressed, exhausted couples should not start a fertility treatment)

Try eventually complementary medicine

Don't neglect other ideas and goals

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