

Subfertility

What is it?

Subfertility is when a person finds it hard to fall pregnant. Women are born with all the eggs they are going to have in their lifetime. Over time, there is less of them. Age is an important factor for a woman's fertility. A woman in her early to mid 20s has a 25 to 30 per cent chance of getting pregnant every month. Fertility starts to slowly drop when a woman is in her early 30s. After the age of 35 this decline speeds up. By the age of 40, a woman's chance of getting pregnant in any monthly cycle is around five per cent.

What will my healthcare team do?

There is treatment for couples who are having trouble getting pregnant. Some couples may need to use in vitro fertilisation (IVF) to have a baby. Your doctor will look at your medical history. They may send you to a specialist who will tests things like the man's semen and the women's hormone levels. After the tests are finished, they will come up with a plan to increase your chances of getting pregnant. hey may also offer some counselling to help you cope with the worry of getting pregnant.

What questions could I ask my doctor?

- ☐ *What tests can my partner and I do?*
- ☐ *What support services are available?*
- ☐ *How is subfertility different from infertility?*



What can I do?

Your doctor may tell you to make some lifestyle changes such as stopping smoking and not drinking alcohol. They may also tell you to lose weight and improve your diet.

The woman may need to take medicine to help her produce and release eggs. Your doctor or the specialist can give you information about how you can improve your chances of getting pregnant.

What supports are available?

There are many specialists you can talk to about getting pregnant.

You may look into the services Obstetrician-Gynecologists (OB-GYN) provide through [Better Health Channel](#)

Where can I learn more?

- **Better Health Channel** – Age and Fertility: betterhealth.vic.gov.au/age-and-fertility
- **Better Health Channel** – Weight, fertility and pregnancy health: betterhealth.vic.gov.au
- **Better Health Channel** – Infertility in men: betterhealth.vic.gov.au/health/infertility-in-men
- **City Fertility** – Fertility Factsheets cityfertility.com.au/information/fertility-resources/fact-sheets/
- **Healthy Male** – Fertility Factsheets cityfertility.com.au/information/fertility-resources/fact-sheets/