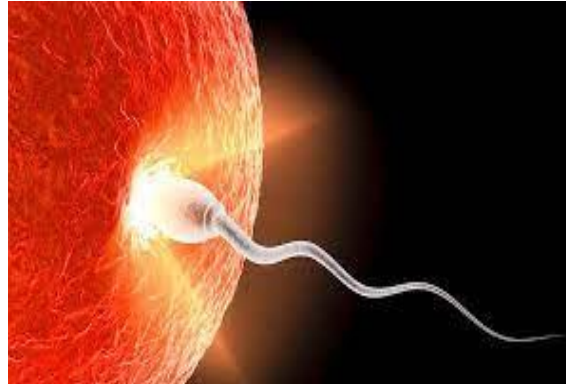


Topic Area - Preconception health and reproduction

Factors affecting preconception

- A healthy body weight
- Avoiding smoking, drinking alcohol and recreational drugs will increase your chances of conceiving.
- Age is also a factor that can affect your chances of becoming pregnant.
- A woman's peak years to reproduce are between the late teens and late 20s.
 - By the age of 45 fertility has declined so much that getting pregnant naturally is unlikely.



Key Vocabulary

Folic Acid
Preconception
Healthy
Conceiving
Immunisations

Male Preconception

When most people hear the term preconception health, they think about women.

However, preconception health is important for men, too. There are things men can do for their own health, as well as for the women and children in their lives.

Preconception health

- During the first 12 weeks of pregnancy woman should take folic acid daily to reduce the risk of problems in the baby's development.
- She should also be up to date with her immunisations.



Typical Exam Question – Explain what factors need to be thought about when considering your preconception health.