

# 6 Surprising Facts About Fertility

If you're curious about ovulation and conception, you are not alone. Women of all ages and stages have similar concerns, and they are covered below. Read on to learn the top six fertility facts you may not know.

## 1. Your most fertile time lasts only two to three days per cycle.

You can get pregnant any day of your [fertile window](#). This small timeframe often surprises women who are trying to conceive.

Your fertile window is six days long. You're most likely to get pregnant during your [LH surge](#) plus the day of ovulation. Here's a look at a standard fertile window:

- **1st through 3rd day**- No hormonal surge, but sperm can survive until ovulation.
- **4th through 5th day** - LH surge occurs for [24 to 48 hours](#).
- **6th day** - Day of ovulation and possible conception.

This seems pretty simple, but that's not always the case. The next fertility fact gives additional insight you need.

## 2. Your fertile window can change every month.

Ovulation and menstrual cycles aren't set in stone. One popular study showed that [only 30% of women](#) had consistent fertile windows. There are many reasons why fertile days aren't always predictable.

- Cycle length can change at any time.
- Ovulation can be delayed by stress, health issues, and other factors.
- Irregular periods can make it difficult to pinpoint ovulation.

If you're trying to conceive (TTC), it's crucial to know when you're ovulating. There are many natural methods like [basal body temperature tracking](#), but they aren't the most reliable options. Ovulation prediction kits (OPKs) produce 99% accurate results.

## 3. A miscarriage doesn't hurt fertility or prevent pregnancy.

A miscarriage is devastating and often raises concerns about getting pregnant again. Facts about conception after a miscarriage are promising.

- Only [one percent of women](#) have more than one miscarriage.

- Women who have miscarried once have [the same 20% chance of miscarriage](#) as other women.
- Among women who have recurrent miscarriages, [60 to 80% have healthy pregnancies](#) later on.

It's natural to worry when trying to conceive post-miscarriage. While this data is promising, make sure to speak to your OBGYN for personalized advice.

#### 4. Age 35 isn't a cutoff for healthy fertility and pregnancy.

There are numerous myths about advanced maternal age (AMA). Women ages 35 and older fall into this category. There are [some risks related to](#) AMA, but evidence shows that healthy pregnancy and births are common.

- One study reported [advanced maternal age is not linked to preterm birth](#) or low birth weight.
- Women age 35 have a [15 to 20% chance](#) of getting pregnant any month.
- Another study reported women ages 35 to 39 have [a 72% chance of conceiving within 12 months](#).

Fertility does decrease with age, but turning 35 doesn't suddenly cause problems. Many women have healthy, successful pregnancies at this stage in life.

#### 5. Drugstore meds, prescription drugs, and beauty products can affect fertility.

If you're trying to conceive (TTC), you can [boost fertility naturally](#) in simple ways. It's also crucial to know that household products can cause fertility issues.

Drugstore medications, prescriptions, and beauty products are all examples of this issue.

- A study from the European League Against Rheumatism revealed that naproxen (Aleve) and other [NSAID pain relievers inhibit ovulation](#).
- Fertility problems are linked to [substances in natural herbal supplements](#) that are similar to estrogen. Examples include St John's Wort, echinacea, and ginkgo Biloba.
- Antipsychotic medications are [linked to an ovulation disorder](#) you'll read about below.
- Researchers [linked cosmetic chemicals to hormonal changes](#). Ingredients in makeup, skincare, and other beauty products can cause changes in reproductive hormones.

Don't stop taking prescription medications without speaking to your healthcare provider. Ask your OBGYN if you're concerned about OTC medications or a certain product.

## 6. Several medical conditions can affect fertility.

Many health issues can affect the chance of pregnancy. Some of them have no symptoms or go undetected. The issues are divided into two groups - physical medical conditions and hormonal medical conditions.

### Physical Medical Conditions

Damage to fallopian tubes along with cervical and uterine abnormalities are top causes of fertility problems. These [physical reproductive system issues](#) include:

- pelvic inflammatory disease
- previous infections
- previous ectopic pregnancies
- abnormal tissue (polyps, fibroids, adhesions, scar tissue)
- endometriosis
- cervical stenosis
- [abnormal cervical mucus](#)

### Hormonal Medical Conditions

The second group relates to reproductive hormones. These ovulation disorders cause [25% of female fertility issues](#).

- **Polycystic ovarian syndrome (PCOS)** - PCOS is a [hormonal imbalance](#) that causes women to produce excess male hormones.
- **Hypothalamic pituitary failure** - The pituitary gland doesn't produce enough luteinizing hormone (LH) or follicle-stimulating hormone (FSH).
- **Premature ovarian failure** - Premature ovarian failure is when [ovaries lose their normal function](#) before the age of 40. Causes include autoimmune disease, but the reason for failure can be unknown.
- **Hyperprolactinemia** - The pituitary gland produces too much prolactin and lowers estrogen levels.

Fortunately, some of these conditions can be treated. There are fertility treatments with strong success rates for PCOS and other health issues.

## Seeking Medical Advice About Fertility

There's never a wrong time to address concerns about fertility. Book an appointment with your OBGYN to get relief and clarity.

If there are issues, your doctor may send you to a reproductive medicine specialist. This is where you can learn about infertility treatment options, in vitro fertilization, and more.