

UNDERSTANDING FERTILITY HEALTH

WHAT AFFECTS FERTILITY HEALTH?

1 AGE

Fertility declines with age for men and women. Women have the **best chance of conceiving in their 20s**.

2 UNDERLYING MEDICAL CONDITIONS

For example, uterine fibroids, childhood testicular conditions, diabetes, thyroid disease, may affect fertility.

3 BODY WEIGHT

Obesity (BMI ≥ 30) in women may result in ovulation problems, while obesity in men may result in low sperm count, changes in testosterone levels and other hormones important for conception.

4 LIFESTYLE CHOICES

Smoking and heavy alcohol consumption¹ can reduce fertility in both men and women.

¹ <https://www.healthhub.sg/live-healthy/920/alcohol-and-health-set-your-drinking-limits>

KEEP HEALTHY WHILE TRYING TO CONCEIVE

- 1 Reduce alcohol and caffeine consumption and **avoid** smoking
- 2 Maintain a **balanced diet**
- 3 Women recommended to **take folic acid supplements** 12 weeks prior to conceiving, to reduce risk of neural tube defect in baby
- 4 **Consult doctor early** if you have underlying medical conditions

COMMON SIGNS OF CONCERN

- Below 35 years old and have tried to conceive for a year
- Above 35 years old and have tried to conceive for 6 months

Seek medical advice from polyclinics, General Practitioners or fertility specialists.

You may be referred to an Assisted Reproduction (AR) centre for a fertility assessment.

SUCCESS RATE OF ASSISTED REPRODUCTION (AR) TREATMENT*

AR treatments typically include intra-uterine insemination (IUI) as a first line treatment, followed by in-vitro fertilisation (IVF)

Success rates of AR treatments by age (for women)

30 - 34 YEARS OLD
~25%

35 - 39 YEARS OLD
~17%

40 YEARS OLD & ABOVE
~7%

*based on 2016 - 2020 data

FINANCIAL SUPPORT

The estimated cost of an IVF cycle at a public AR centre (as of 2020, excluding other treatment charges) is \$12,000 for a fresh cycle and \$3,100 for a frozen cycle.

Couples undergoing AR treatments in public AR centres may receive **up to 75% in co-funding (up to \$7,700 per cycle) from the Government depending on their eligibility.**

You can also tap on your own or your spouse's MediSave to defray the costs of fertility treatments at both public and private AR centres.

For more information, please visit <https://go.gov.sg/financial-schemes>

USEFUL RESOURCES

To book an appointment with public AR centres:

KKIVF Centre

kkivf@kkh.com.sg

6294 4050

NUH Centre for Human Reproduction

CHR@nuhs.edu.sg

6774 5336

SGH Centre for Assisted Reproduction

appointments@sgh.com.sg

6321 4377

Community support groups:

I Love Children

ilovechildren.sg

6385 9668

Fertility Support SG

fertilitysupport.sg



For more information, visit <https://go.gov.sg/fertility-health-myths>

