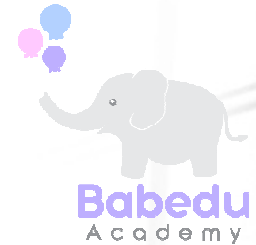


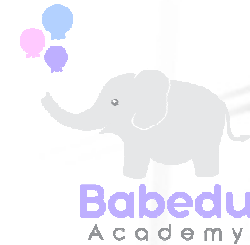
Getting Pregnant in your 30s

What are my chances of getting pregnant in my 30s?

- Most babies are born to women aged between 30 and 34.
- Don't wait too long before trying for a baby.



What are the pros and cons of having a baby in my 30s?

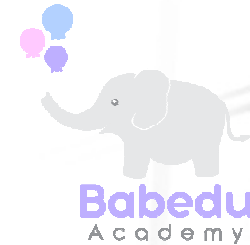


PROS:

- More likely to be secure in your career and in your relationship
- Having babies earlier can reduce your earnings over your lifetime.
- More flexibility in terms of taking a break from work
- New mums in their 30s also have a lot of stamina and resilience
- More likely to have twins
 - ✓ For mums in their 20s, 6% of pregnancies results in twins
 - ✓ for mums aged 35 to 39, 20% pregnancies results in twins
 - ✓ (FSH) released during your menstrual cycle, increase as you age.

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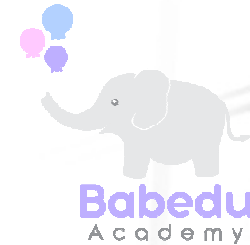
What are the pros and cons of having a baby in my 30s?



CONS:

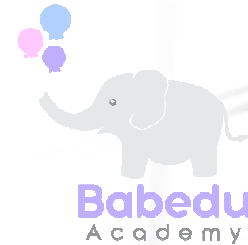
- Possibility of getting pregnant after conceiving naturally and having a healthy baby decreases after 30s.
- If you are over 35, sadly, your chances of having a successful pregnancy are lower
- Complications in pregnancy increase after 35 years old:
 - ✓ ectopic pregnancy
 - ✓ placenta praevia
 - ✓ premature birth
 - ✓ low-birth-weight baby

What are the pros and cons of having a baby in my 30s?



CONS:

- After 35, Down's syndrome possibility increases
 - ✓ 30-34 Ages → Down's Syndrome possibility 1 in 1200
 - ✓ After 35 → Down's Syndrome possibility 1 in 700
- If pregnant is over 35, extra diagnostic tests may be recommended
 - ✓ Amniocentesis
 - ✓ chorionic villus sampling
- ✓ Caesarean rates are higher for women 35+
- ✓ Treatments are more successful in women aged between 30 to 35 years.



What can I do to get pregnant now?

- Under 35 and have been having regular sex for a year → see your GP.
- Blood tests can be done to see the reasons
- Over 36 → do not wait for a year
- See your doctor if you have:
 - ✓ • irregular periods
 - ✓ • polycystic ovary syndrome (PCOS)
 - ✓ • sexually transmitted diseases