



## Free nurse phone consultations

**WE OFFER FREE 15-MINUTE PHONE CONSULTATIONS FOR PEOPLE WONDERING ABOUT THEIR FERTILITY.**

During this phone consultation you will have the opportunity to discuss any questions you may have in regards to your fertility. Our experienced nurses will be able to provide you with some answers, offer you fertility boosting tips, and also let you know if an appointment with one of our fertility specialists is the best next step. It's a great way to put your mind at ease and get answers to all those important questions.

Our free 15-minute nurse consultations are completely confidential and are available to both men and women. To book your consultation, please visit our website.

[fertilityassociates.co.nz](http://fertilityassociates.co.nz)



## Book an appointment with a fertility specialist

It's easy to make an appointment with one of our specialists, you don't need a referral and we have 21 clinics across New Zealand. Simply call or visit our website:

☎ 0800 10 28 28

[fertilityassociates.co.nz](http://fertilityassociates.co.nz)



## Why choose Fertility Associates?

**WE BELIEVE WE OFFER YOU THE BEST CHANCE OF HAVING A BABY AND THERE ARE MANY REASONS FOR THIS:**

### Fertility specialists giving you expert care

For nearly all our doctors, fertility is their prime focus. It's what they trained in, what they spend most of their time doing, and what they care most about. That makes them experts in caring for you and guiding you through your fertility journey.



Born with our help.



Experience since 1987.

### Leaders in fertility

We are the first NZ clinic to begin offering all significant new technological advances in fertility. Our latest technologies PGT-A (Pre-implantation Genetic Testing - Aneuploidy (PGT-A)), and TiMI (Time-lapse Morphometry Imaging), provide more information during an IVF cycle, which can help our patients achieve a positive result sooner.

There's always more to come, and as the leaders in reproductive science, we aim to continue introducing new proven technologies for our patients.

### Our Medical Directors:



DR SIMON KELLY  
AUCKLAND



DR ANDREW MURRAY  
GROUP MEDICAL DIRECTOR



DR VP SINGH  
HAMILTON



DR KATE VAN HARSELAAR  
DUNEDIN



DR SARAH WAKEMAN  
CHRISTCHURCH



DR SIMON MCDOWELL  
WELLINGTON

## Contact us!

To find out more and book your initial consultation with a fertility specialist, visit [fertilityassociates.co.nz](http://fertilityassociates.co.nz) or call 0800 10 28 28.

[www.facebook.com/fertility.associates.nz/](https://www.facebook.com/fertility.associates.nz/) [www.instagram.com/fertilityassociatesnz/](https://www.instagram.com/fertilityassociatesnz/)

REF # 318711 - 04/22



# Wondering about your fertility?



FERTILITY associates

**FREE 15min phone consultations with a fertility nurse**



## Handy hints for making babies

### FOR HER

Have a BMI of 20-25

- A healthy body mass index (BMI) is associated with better fertility.
- Pregnancy in overweight women is associated with problems such as diabetes and high blood pressure.
- Eat healthily and undertake moderate exercise regularly.

Don't smoke or do drugs

- Smoking halves the chances of conceiving each month, and can also double the risk of miscarriage.

Take folic acid

- Take folic acid supplements when trying to get pregnant and up to 12 weeks into the pregnancy.
- Folic acid can help reduce the chances of spina bifida by up to 92%. Other minerals and supplements may also be useful.
- Use iodised salt, as iodine is necessary for fetal brain development.
- Avoid products containing Vitamin A.

Reduce alcohol and caffeine

- Caffeine may reduce your chances of conceiving.
- There is no safe limit of alcohol during pregnancy, so it's best avoided.

Medication

- Discuss all your medications with your doctor.

Rubella

- Make sure you have had a rubella immunisation. Rubella can damage unborn babies.

Chicken pox

- Find out if you have had chicken pox. If not, consider immunisation.

### FOR HIM

Don't smoke or do drugs

- Smoking and some recreational drugs can reduce sperm quality.

Reduce alcohol

- Alcohol has been shown to affect fertility. Decrease your alcohol intake to 20 units or less per week.

Have a normal BMI

- Keep active and stay slim. Obese men have sperm counts 22% lower on average than their slimmer counterparts.
- Have a body mass index (BMI) below 28.

Keep testes cool

- Wear boxer shorts instead of briefs – this helps the testes to keep cool.
- Men in sedentary jobs can have poorer quality sperm because their testes are more prone to heating up. Keep your laptop off your lap!
- Don't have a hot bath, sauna or spa too frequently.

Have a healthy diet

- Eat a diet with lots of healthy antioxidants.
- Foods rich in antioxidants can reduce the impact of damaging chemicals called free radicals on sperm.
- Antioxidants are found in fresh vegetables, fruit, nuts, seeds, green tea and dark chocolate.
- Health supplements that contain antioxidants like Vitamin C and E (such as Menevit) may help improve sperm quality.

Medication

- Discuss all your medications with your doctor.



A range of lifestyle factors may help enhance your fertility and increase your chances of conceiving.



## Anti-Müllerian Hormone (AMH) test

### WHAT IS AN AMH TEST?

The AMH test is considered the best test currently available to estimate ovarian reserve.

It is a single blood test that can be done at any time during the menstrual cycle, and can help predict how many eggs you are likely to obtain in an IVF cycle. It may also identify women who are likely to experience early menopause and lose their fertility earlier than average.

### WHAT DOES AN AMH TEST DO?

Although an AMH test can help pick up those who might lose their fertility more quickly, it cannot show who is more fertile than average. It is also a less accurate predictor of ovarian reserve in women with Polycystic Ovaries (PCOS).

Your fertility specialist or nurse will give you a separate blood form for the test and tell you where you can have it done.

AMH tests are arranged in conjunction with a fertility consultation, because interpretation of the results will depend on your medical history, lifestyle and other investigations into your fertility.

### HOW MUCH IS THE TEST?

The AMH test is only publicly funded in the South Island. If you live in the North Island the cost is typically \$87 to \$112\* depending on the lab. Fertility Associates does pay for an AMH test immediately before publicly funded treatment to help decide the best drug dose.



Take the first step today and make an appointment with one of our specialists to have your fertility tested and get your questions answered.



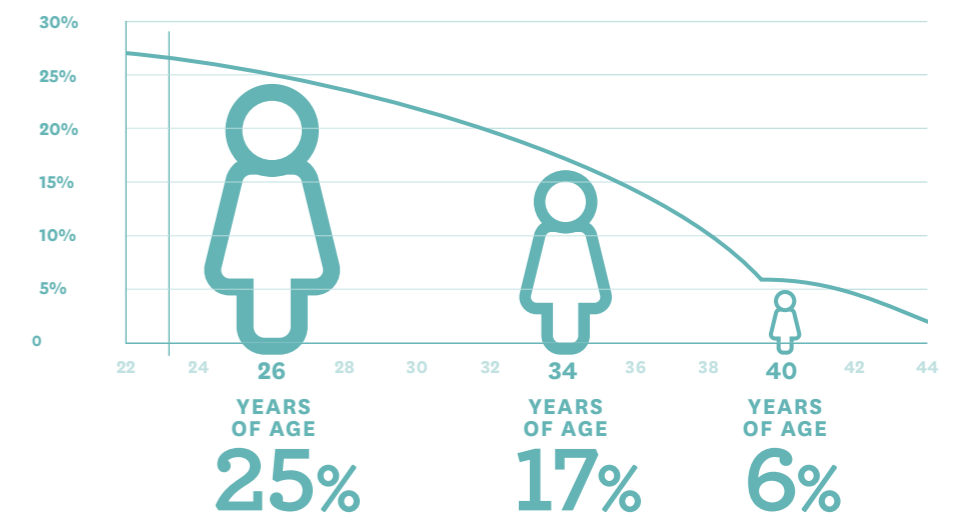
## The fertility fade

### FERTILITY DECLINES WITH AGE – SO THE SOONER YOU SEEK HELP, THE BETTER

If you're having trouble becoming pregnant or are concerned about your chances of pregnancy in the future, we can help put your mind at ease.

The chance of pregnancy falls as a woman ages, by talking to us sooner you'll be giving yourself the best possible chance of having a baby.

### Chance of having a baby per month, trying naturally



Whether you're worried, wondering, or simply wanting advice around your fertility, book a free nurse phone consultation:



**BOOK TODAY**  
fertilityassociates.co.nz