

## Stress

Whilst it's easier said than done, reducing the stress in your life can help. While normal to low levels of stress possibly have little impact on your fertility, high levels of stress for long periods of time this can be unhealthy, and it may be best to seek advice from your medical practitioner. Meditate; eat well; maintain regular exercise to reduce stress.

## Advanced Fertility Assessment

Advanced forms of fertility assessments include specialist blood tests to assess egg reserve, pelvic ultrasound for tubal potency, and if required fertility surgery. If you have been trying to conceive for 6 months your GP or fertility specialist may recommend a semen analysis for your partner to test for any sperm abnormalities.

## Impact of Age

Female age is a significant factor affecting a couple's chance of conceiving. At 36, your chance of conceiving naturally is halved compared to your chance at 20 years of age.

The number of healthy (chromosomally normal) eggs you produce rapidly declines as you get older, especially from your mid 30s onwards. With age, chromosomal errors occur more frequently in your eggs, resulting in more abnormal embryos that may not implant, or that result in early pregnancy loss. Further testing such as an AMH test can help predict the chance of pregnancy.

## Pre-existing medical conditions

Previous surgical or medical conditions (e.g. endometriosis or PCOS) may also affect fertility. More thorough forms of fertility assessment by a fertility specialist may be recommended for some couples.

## What if you do not conceive?

If you are concerned about your fertility, or have been trying to conceive for six months or more without success, you should seek medical advice. Fertility Specialists can assess your fertility and offer treatment if necessary.

By seeking advice early, you and your partner will be able to make the best decision about your fertility.

## Reasons to choose Panacea Point

The founder, Dr. Shripad Chodankar, Ph.D. (AM), is renowned Acupuncture expert for the treatment of infertility. His book "Acupuncture for Infertility" is published in 2017.

At **Panacea Point**, the main aim is to address root cause through a holistic approach.

The diagnosis is based on detailed history, routine test reports, TCM based diagnostic methods viz. Pulse diagnosis, Tongue diagnosis, Ear point detection, Eye diagnosis, PMA etc.

Based on precise diagnosis the treatment plan is worked which encompasses Acupuncture, Laser Acupuncture, Photo-Medicine, Bio-Resonance, Dietary recommendations, Lifestyle correction, Counseling, Acu-Yoga and regular interaction with **Compassion**.

## Panacea Point

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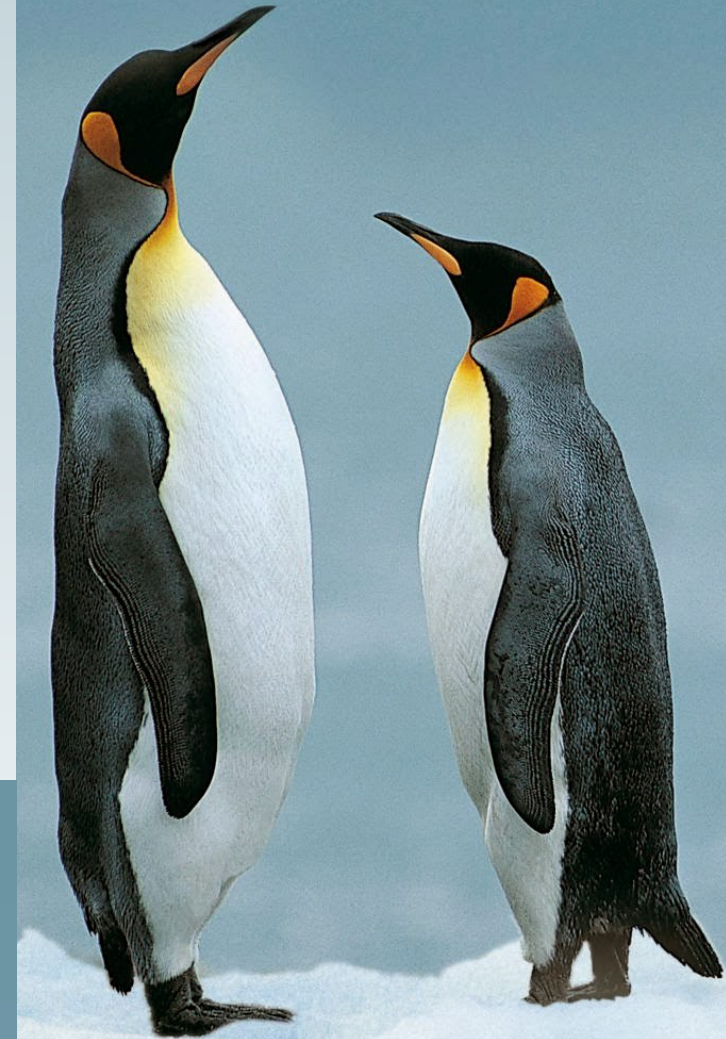
### Book an Appointment

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# Preparing for Pregnancy Lifestyle and Pre-conception Health



**Panacea Point**  
*Acupuncture & Laser Clinic*

## **One of the first Question you may ask yourself when deciding to start a family is what lifestyle modifications you should make to give yourself the best chance of conceiving.**

There are many factors that contribute to natural conception. Lifestyle is important although there are biological factors beyond your control such as age that may impact your fertility as well as the amount of time it takes to conceive.

By leading a healthy lifestyle, understanding your menstrual cycle, and seeing your doctor for a fertility assessment you will increase your chance of pregnancy.

### **Fertilely Assessment**

Once you've made the decision to start a family visit your GP for a pre-pregnancy check-up.

This will include blood tests, such as rubella (German measles) and varicella (chicken pox); your blood group, antibodies and Rh factor; hepatitis B and hepatitis C, HIV, syphilis and a full blood count.

Your GP can confirm that you are ovulating through a combination of tests, including a blood test which measures your hormone levels and an ultrasound examination.

Ensure you have had a normal pap smear and breast check within the past two years.

If you are taking any medications or are aware of any history of genetic disorders in your family discuss these with your doctor.

### **Understanding your menstrual cycle**

The reproductive cycle of a woman generally runs through three phases which are controlled by hormonal feedback mechanisms in the hypothalamus and pituitary gland of the brain. Your cycle could become irregular or cease if the hormonal balance or production is disturbed for any reason.

The key to conceiving is knowing your fertile time. The simplest way to work out when you ovulate is to subtract 14 days from the number of days in your cycle. For example, if there are 28 days from the start of your period to the start of the next period, you can expect to ovulate on day 14. You should aim to have intercourse about 2 days before ovulation and the day of ovulation. This ensures that sperm are present in the fallopian tubes at the time the egg is released from the ovary.

### **Lifestyle:**

#### **Diet**

Maintain a balanced diet. Foods rich in calcium, iron and folate, such as dairy foods, fruit and vegetables, cereals, wholegrain, beans and lentils are vital. A general multivitamin may be recommended and folic acid is essential for three months before you fall pregnant and during pregnancy to lower the risk of neural tube defects.

#### **Weight**

A normal body mass index (BMI) of between 20 and 25 is ideal for a woman trying to conceive. Being decidedly overweight or underweight makes regular ovulation less likely. If you have a high BMI, both females and males can improve their fertility dramatically with just a 5% reduction in weight.

### **Exercise**

Moderate exercise such as walking, swimming or cycling all contribute to your general wellbeing, and lowers the risk of problems during pregnancy and birth. Excessive exercise may decrease your fertility, so regular moderate exercise for an average of 30 minutes three times a week is best.

### **Smoking**

Smoking has been shown to disrupt regular ovulation in women and increase the risk of miscarriage and premature birth. Some studies suggest that a child born to a male smoker may be at an increased risk of developing cancer in childhood. There is no level of smoking that is risk free - If you smoke, quit!

### **Alcohol**

Limit alcohol intake. Alcohol can lead to a lower birth weight in babies and has a negative effect on the baby's brain development. Heavy alcohol intake in men is known to affect sperm production, whilst studies have indicated that heavy intake in women during pregnancy can have a permanent effect on fetal development. There is currently no agreed safe level of alcohol intake during pregnancy.

### **Caffeine**

Minimize your caffeine (such as coffee, chocolate, colas). High caffeine intake has been linked to a slightly increased risk of miscarriage and low birth weight. Prior to conception it is recommended that both men and women should aim for less than 200mg of caffeine a day.

### **Recreational drugs**

These drugs can affect sperm quality, cause a wide variety of problems during pregnancy and affect newborn babies. Such drugs should be avoided.