



## ADVANCING AGE DECREASES YOUR ABILITY TO HAVE CHILDREN.

While women and their partners must be the ones to decide when (and if) to have children, women in their twenties and thirties are most likely to conceive.

Your decisions now can impact your ability to conceive in the future.

[www.ProtectYourFertility.org](http://www.ProtectYourFertility.org) 1.866.228.6906 **GET THE FACTS**

AMERICAN SOCIETY FOR REPRODUCTIVE MEDICINE



## PRACTICING SAFE SEX NOW, PROTECTS YOUR ABILITY TO HAVE CHILDREN LATER.

Sexually transmitted infections are the leading cause of infertility and often have no symptoms.

Your decisions now can impact your ability to conceive in the future.

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## IF YOU SMOKE THIS MIGHT BE YOUR ONLY USE FOR A BABY'S BOTTLE.

Smoking can affect your ability to have children. It can cause infertility in women and men.

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## AN UNHEALTHY BODY WEIGHT MAY PREVENT YOU FROM HAVING CHILDREN.

Low body weight and obesity can cause infertility.

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