

## 10 natural ways to boost your fertility

Some tips that will help you increase the chances of having a baby as soon as possible.

### 1. Make a check-up

This applies to both men and women: factors such as smoking, being overweight, stress or even poor nutrition can reduce your fertility. Consult your doctor and, if necessary, follow the ad hoc treatments. Another essential advice for having a pregnancy, with the best possible conditions, consists of undertaking some useful examinations such as blood test, hormonal test, update of the vaccines or a smear.

### 2. Track your menstrual cycle

According to the American College of Obstetricians and Gynecologists, ovulation takes place around 14 days before a woman expects to have her next period (for a monthly cycle of 28 days). Most women ovulate between days 11 and 21 of their cycle. The first day of their last menstrual period (LMP) is day 1 of the cycle. Ovulation does not always occur on the same day every month and can vary by a day or more on either side of the expected date. Doctors call this part of the cycle around ovulation "the fertile window" because a woman's chances for pregnancy are highest at this time. For example, if a woman ovulates on day 14, she can conceive on that day or within the following 24 hours. However, her fertile window began a few days before ovulation because sperm can survive for up to 5 days inside the uterus. So, even if a woman does not have sex on day 14 or 15, it is still possible to become pregnant if she had unprotected sex on days 9 to 13. When a woman's cycles are regular, she can accurately determine her ovulation period since it occurs 14 days before the start of her period.

### 3. Follow a balanced nutrition

The right nutrition is the best way to balance hormones and therefore increase fertility naturally. You may have noticed in your life that an insufficient diet can influence and disrupt



your cycles. In addition, certain deficiencies or deprivations that you inflict on yourself can make you feel tired, or depress. So, follow a healthy and balanced diet based on fresh.

### 4. It is a valid test

How does a Pap test smear test diagnose cervical cancer early? This cancer has a detectable pre-symptomatic stage. This means that it does not grow directly into normal epithelium. The stage of intraepithelial lesions is inserted between normal epithelium and invasive cancer. At this stage there are no subjective symptoms or findings during the simple gynecological examination.

Read the rest of the article:

<https://medimall.gr/boost-your-fertility-now/>



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# What are **fibroids** and how do they affect **fertility** and **pregnancy**?

Uterine fibroids often go unnoticed because they usually do not cause any disturbance and are only discovered during a medical examination such as an ultrasound scan. The majority of them do not limit the chances of becoming pregnant but should be taken into account if you decide to become a mother. It all depends on their number, size, and location. These non-cancerous benign tumors of the uterus are rounded and can measure from a few millimeters to several tens of centimeters. They are usually found in or around the uterus, sometimes in the cervix, and very rarely outside the pelvic cavity. If there are no symptoms, regular monitoring is sufficient, as they usually regress after menopause.

## **Causes of fibroids**

The causes of uterine fibroids are unknown. However, they can be hereditary or enhanced by the secretion of estrogen, progesterone, and growth hormones. Generally speaking, they will continue to grow slowly throughout the period during which a



woman's menstruation is due. They can be so small that a microscope is needed to see them, but they can also grow so large that they occupy the entire uterus and can weigh several kilos.

**Read the rest of the article:**

<https://medimall.gr/fibroids-and-fertility/>

## Older women can be **better mothers**

According to a new study from Aarhus University in Denmark, women who have their first child between the ages of 30 and 40 can be better mothers. To achieve such results, researchers conducted a study on more than 5,000 Scandinavian mothers and their children's development.

### **Older women can educate their children in a more "positive" way**

This study, published in the European Journal of Developmental Psychology, shows that these women have less recourse to verbal and physical violence. Thus their children will, most probably, have fewer behavioral and emotional problems

by the time they reach the age of 7. The researchers followed these mothers for several weeks. They noticed that they are educating their children in a more "positive" way. "Mothers become more flexible with age, more tolerant and improve emotionally themselves better than younger women. This is why psychological maturity may explain why older mothers practice more positive parenting", says Dion Sommer (the study's main author and a psychologist at the University of Aarhus), in a statement.

**Read the rest of the article:**

<https://medimall.gr/older-women-and-maternity/>



## Early **menopause**



**Early menopause, as the name suggests, is the menopause that occurs earlier than normal, before the age of 40. Rarely, it can be considered as an unjust premature ageing since it puts an end to the prospect of having children without using IVF.**

### **What is early menopause?**

Early menopause or premature ovarian failure (PFO), has the same warning signs as normal menopause (irregular period cycles, hot flashes, vaginal dryness etc.). It presents itself by a cessation of menstruation for 4 consecutive months before the age of 40. In general terms it affects 1% of women before the age of 40, 1 out of 1000 women before the age of 30 and 1 out of 10,000 women before the age of 20.

### **What causes it?**

Early menopause is caused by a premature exhaustion of the ovaries. They no longer contain follicles capable of producing an egg. The origin, in 80% of cases, is "idiopathic", i.e. unknown.

**Read the rest of the article:**

<https://medimall.gr/early-menopause/>