

Lifestyle

When it comes to living a fertile lifestyle there are some substances that may negatively impact your health and fertility. Even if the evidence is inconclusive, if you have been struggling to conceive for over 12 months, it might be best to err on the side of caution and cut these substances out just in case. It is best to steer clear of these substances for at least three months or more before a conception attempt.

When it comes to weight and fertility for both men and women you want to aim to fall within a healthy range for Body Mass Index (BMI) and have as little body fat around your waist as possible (measured by your hip to waist ratio). The amount of fat that you have around your stomach indicates an increased risk for health conditions like high blood pressure, type 2 diabetes and heart disease and may impact your fertility. A waist to hip ratio of under 80cm (and ideally 70cm for women), and under 90cm for men, is associated with improved health and fertility. A waist to hip ratio higher than 80cm for women is associated with lower pregnancy rates. A waist to hip ratio of higher than 90cm for men is associated with reduced fertility.

Do you need to make lifestyle changes to improve your chance of becoming pregnant? Every 'yes' is an opportunity to change your behaviour and optimise your fertility.

1. Do you drink alcohol?
2. Do you smoke cigarettes?
3. Do you smoke marijuana?
4. Do you use any recreational drugs?
5. If you take any over the counter drugs have you checked with your doctor whether it is safe to take them when trying to conceive and during pregnancy?
6. If you take any prescription medication have you checked with your doctor whether it is safe to take them when trying to conceive and during pregnancy?
7. Do you drink coffee?
8. Do you drink decaffeinated coffee?
9. Do you drink green or black tea?
10. Are you in a healthy and fertile BMI range? You can work out your BMI using an online calculator. For health and fertility, you want to aim to be in a BMI range between 18.5 and 25.
11. Do you have a healthy waist measurement? You can work out your waist to hip ratio using an online calculator. For health and fertility optimisation, you want to aim to have a waist to hip ratio of less than 80cm for women or 90cm for men.