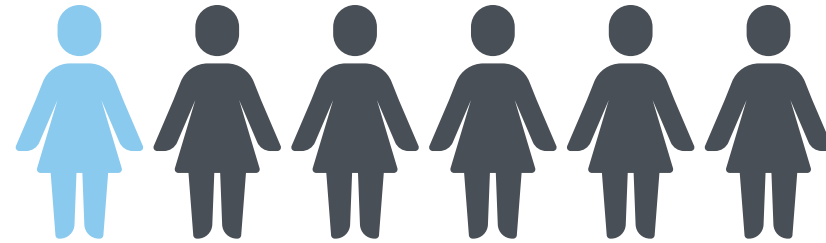


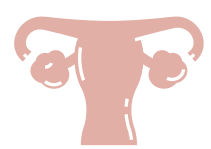
Fertility Challenges

1 IN 6 CANADIAN WOMEN EXPERIENCES INFERTILITY



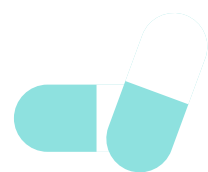
Common methods of fertility treatment

There are lots of ways to help people with all kinds of fertility issues. Sometimes only one person needs treatment, other times both partners will use a combination of treatments together. The options that are best for you depend on your personal & medical situation. Here are the most common fertility treatments that can help to increase the chance of pregnancy or starting a family.



Intrauterine insemination (IUI)

A thin tube (catheter) carries sperm directly into a woman's womb (uterus) through the vagina. Often, the woman must take fertility drugs to help her ovaries produce one or more eggs. This procedure can be done with sperm from a partner or donor (when the male is infertile or when the female is single or has a same sex partner).



Fertility Drugs

- Injection of drugs made of human hormones (called gonadotropins) to stimulate egg growth and ovulation, and make the uterus more likely to allow an embryo to grow
- Other drugs not made of human hormones (like Clomiphene citrate) to stimulate egg growth
- Fertility drugs are sometimes used in combination with other medical procedures



In Vitro Fertilization (IVF)

This process involves a number of steps that will let fertilization happen outside a woman's body. First, fertility drugs help the woman's ovaries to produce one or more eggs. Next, the woman has surgery to remove the eggs from her body. Inside a lab, the eggs are fertilized with sperm in a dish to produce one or more embryos. If successful, an embryo is transferred to the woman's womb (or uterus) through a thin tube to achieve a pregnancy.



Surgery

To unblock fallopian tubes, retrieve eggs or sperm to be used in fertility treatments, or reverse sterilization surgery (like a vasectomy or tubal ligation).

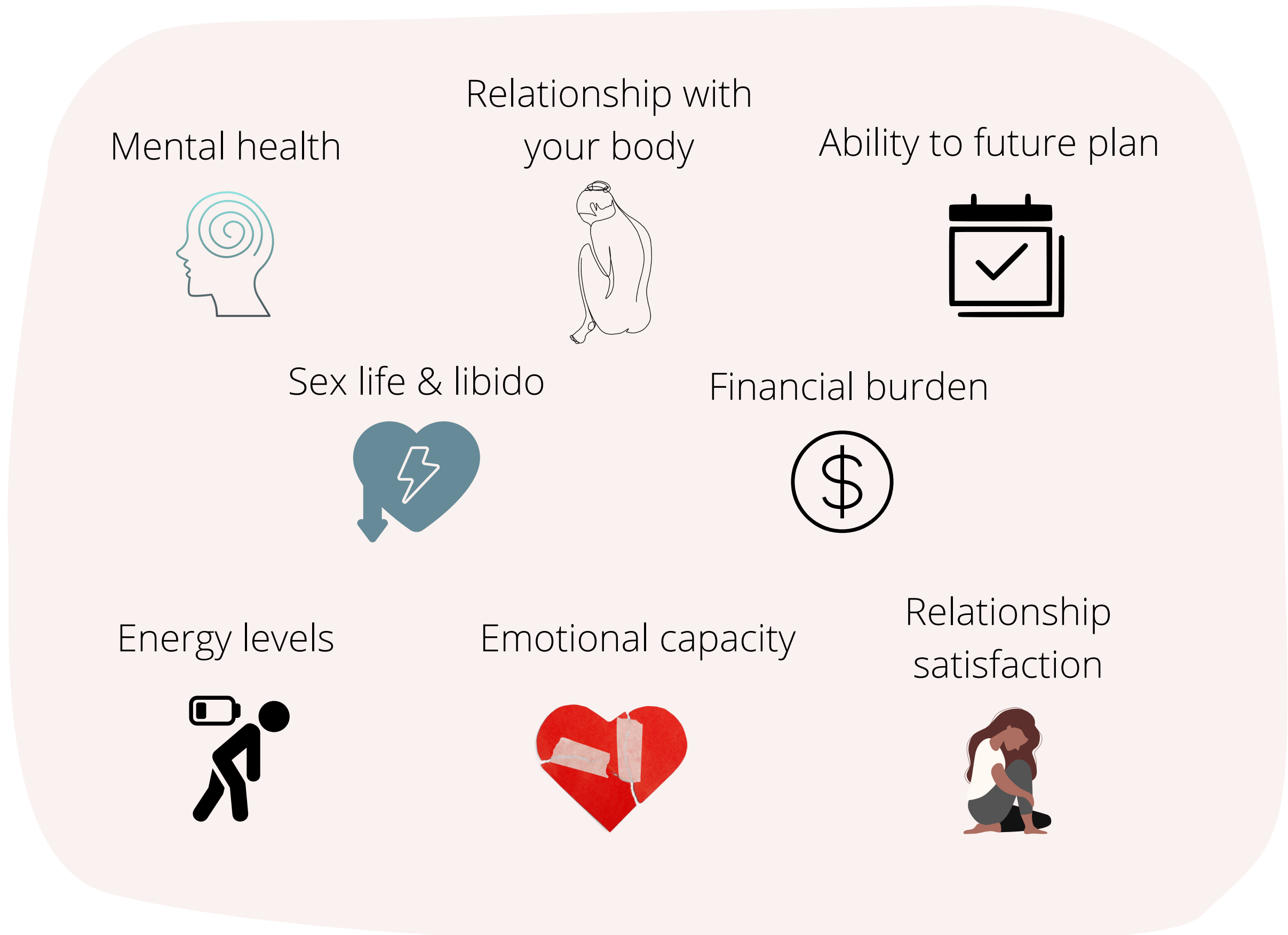


Surrogacy

Surrogacy is a method of assisted reproduction that involves a woman agreeing to carry a baby for an aspiring parent or family.

Source: Fertility treatment options - Canada.ca:
<https://www.canada.ca/en/public-health/services/fertility/fertility-treatment-options.html>

Fertility challenges can impact your...



Tips for Reducing Stress (while TTC)

- Communicate with your partner on how to best support each other
- Make a plan for the next steps. Consider your financial situation and which options you are comfortable with
- Establish other ways of connection and creating intimacy with your partner
- Build your individual and joint support network
- Allow for differences to cope and grieve
- Consider individual or couple therapy as an extra layer of support