



Fertility in 21st century

Topic: The lifestyle of young people in the 21st century limit fertility

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About what will I be talking?

- What I was doing
- What is a fertility
- Why this topic?
- Factors affecting men fertility
- Factors affecting women fertility
- Fertility over the years

What I was doing

RESEARCH

This year in case of my project I was doing research how the lifestyle affects fertility





What is a fertility?

It is an ability to produce offspring, it starts when the reproductive organs are fully developed and boys and girls reach puberty.

Why fertility in 21th century?

1

It is important for society

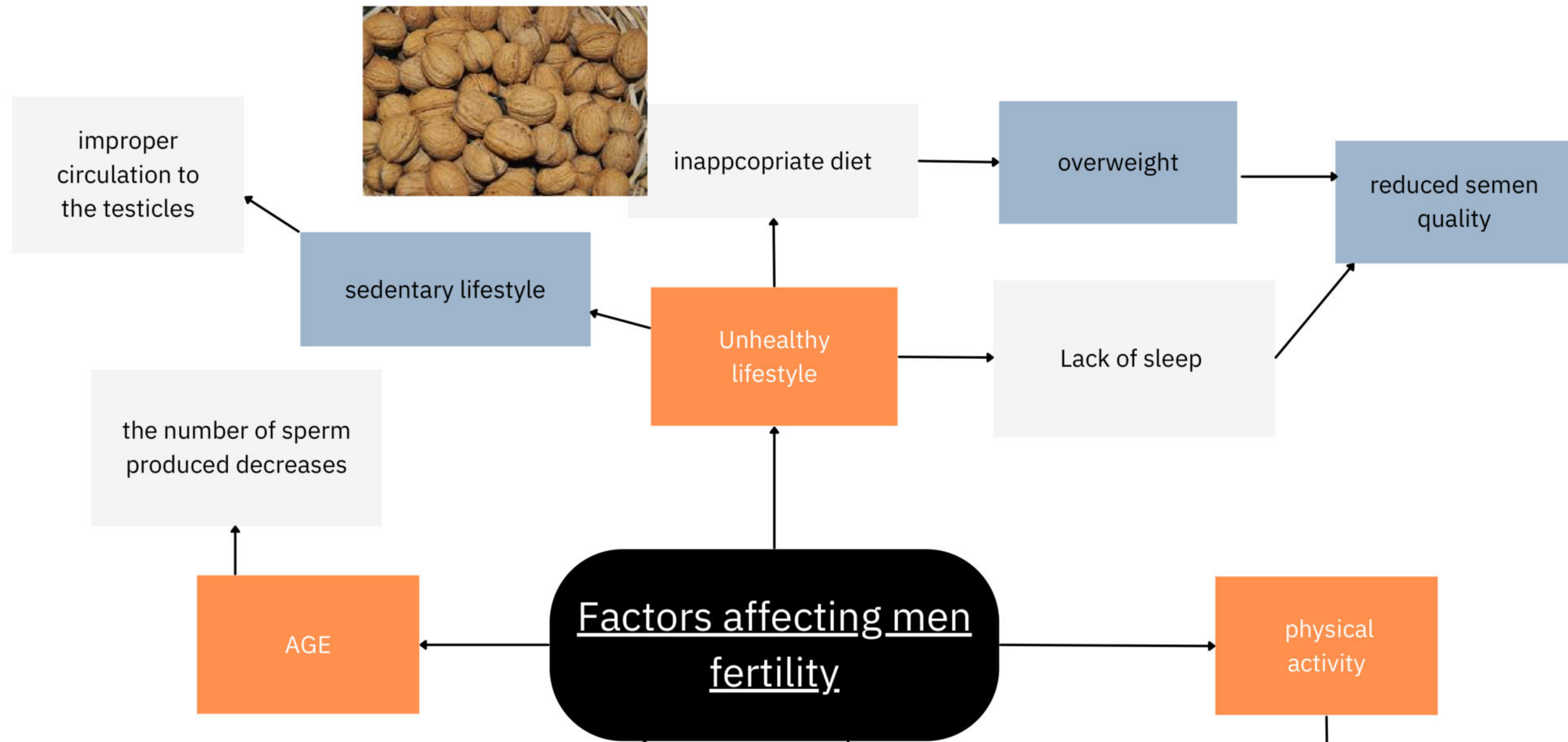
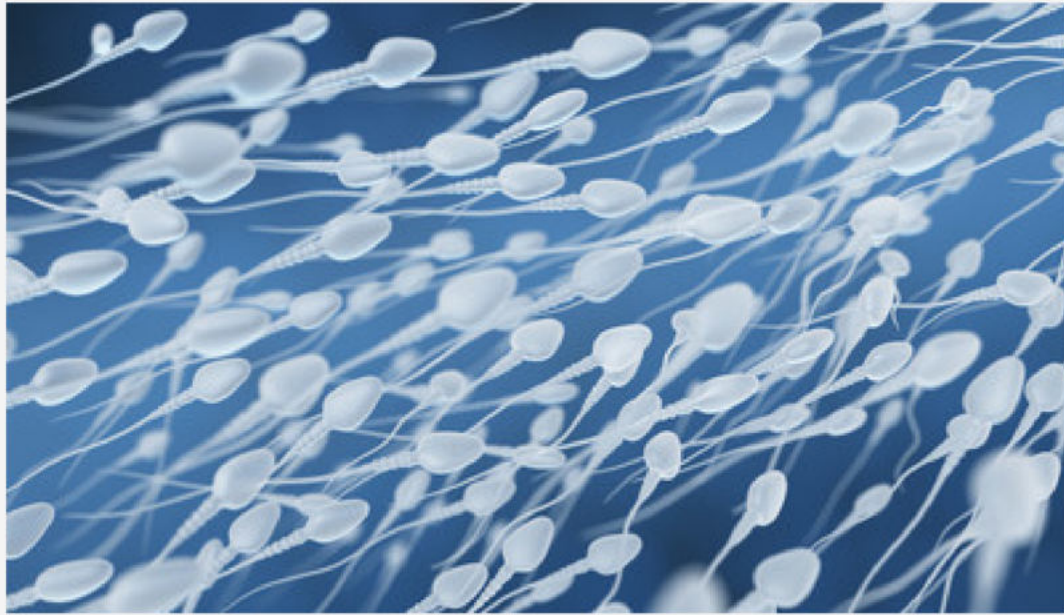
2

To learn something about me and my body

3

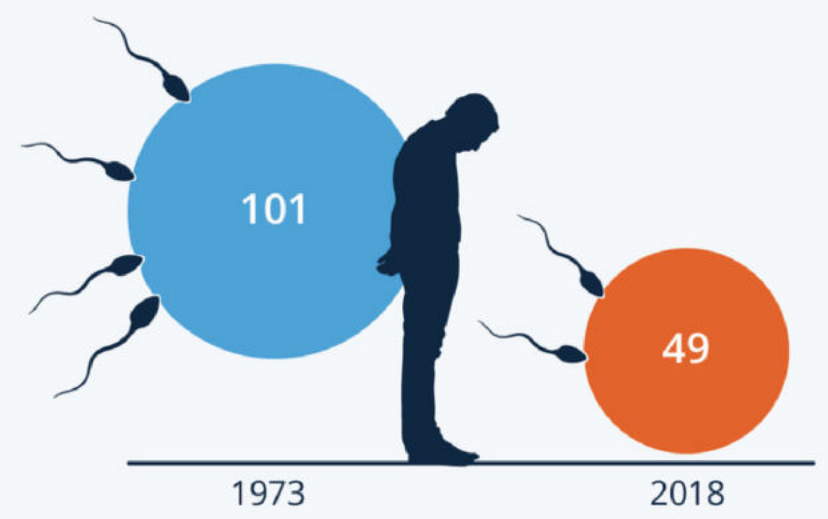
It is often unheard of

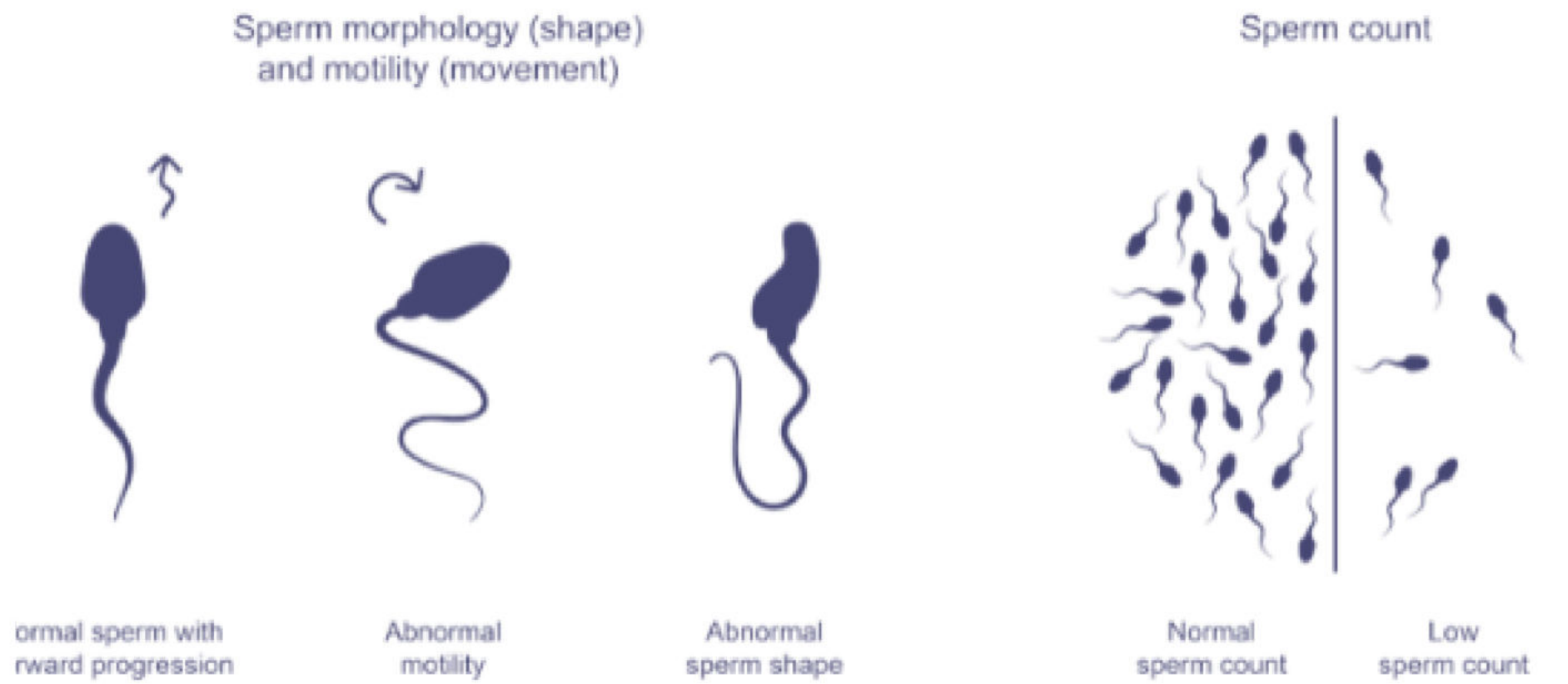
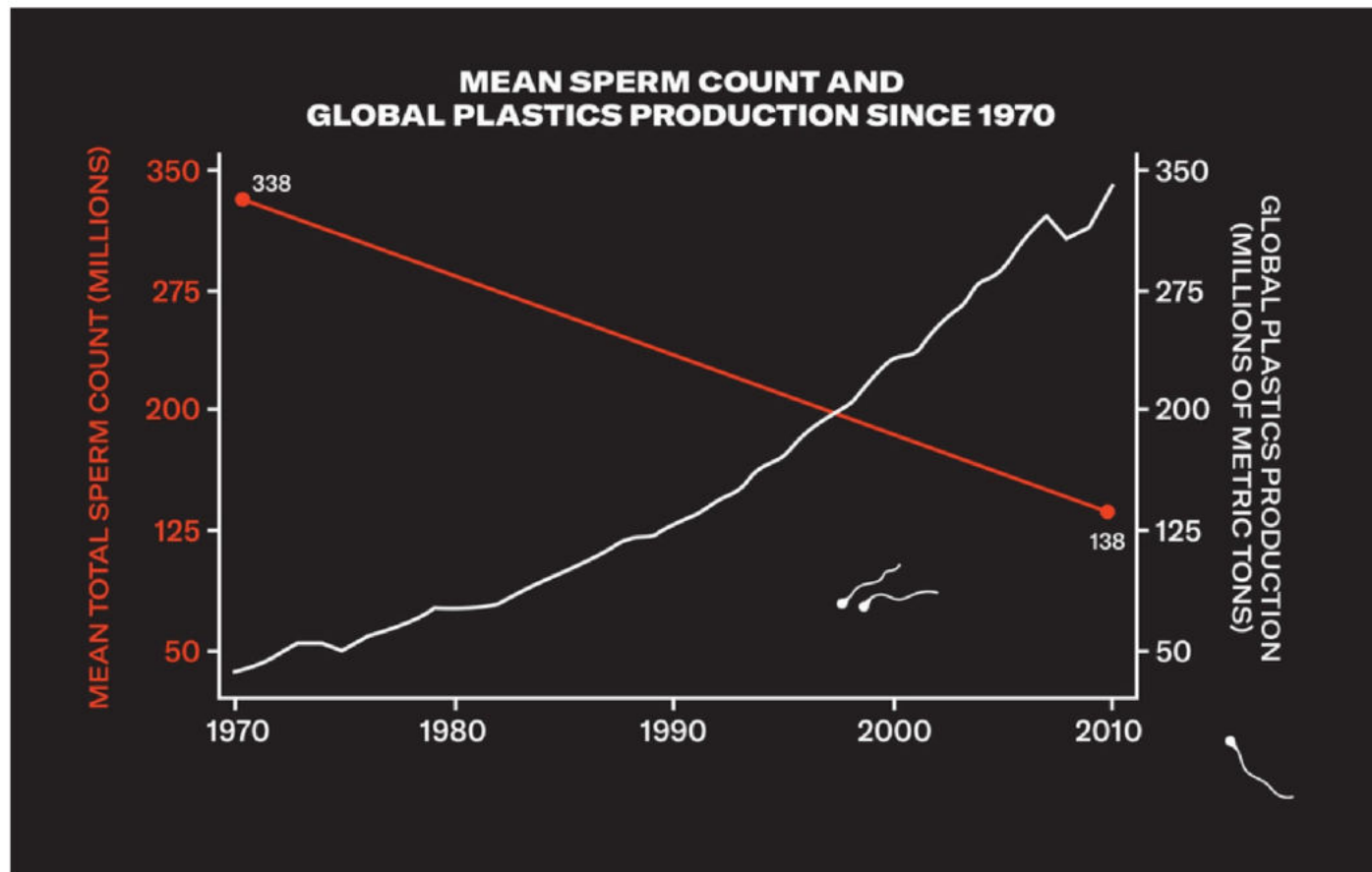
The most crucial and common factors.



Fragile Fertility

Average sperm count of men worldwide in 1973 and 2018 (million sperm per milliliter of semen)

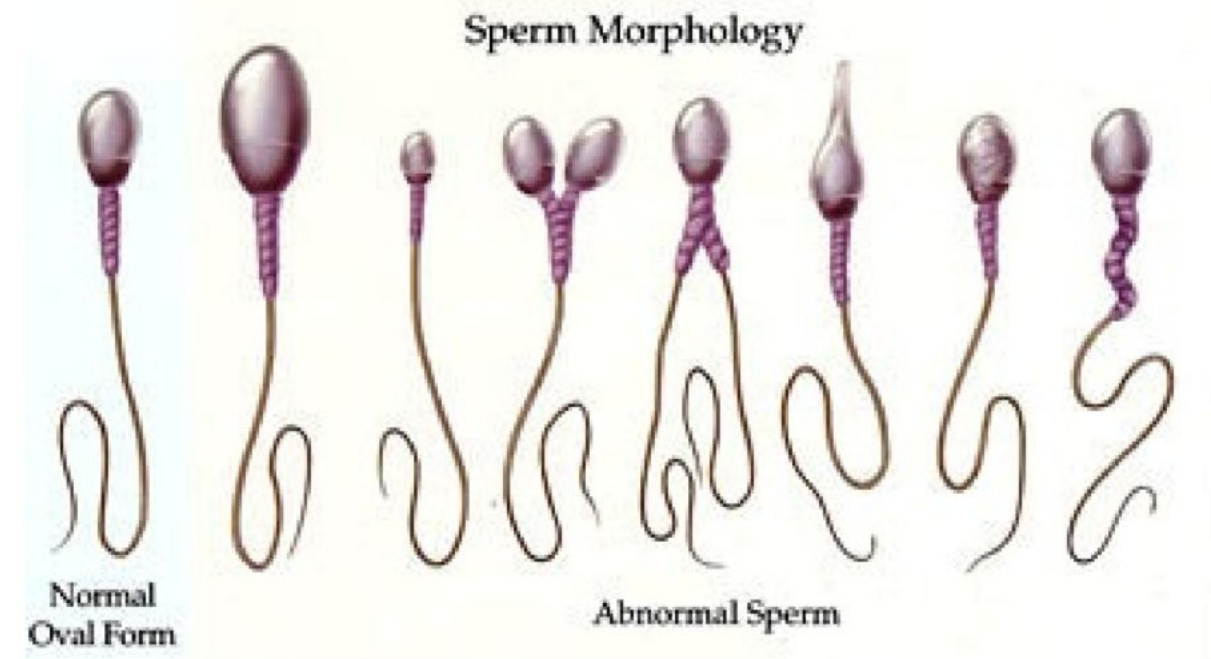
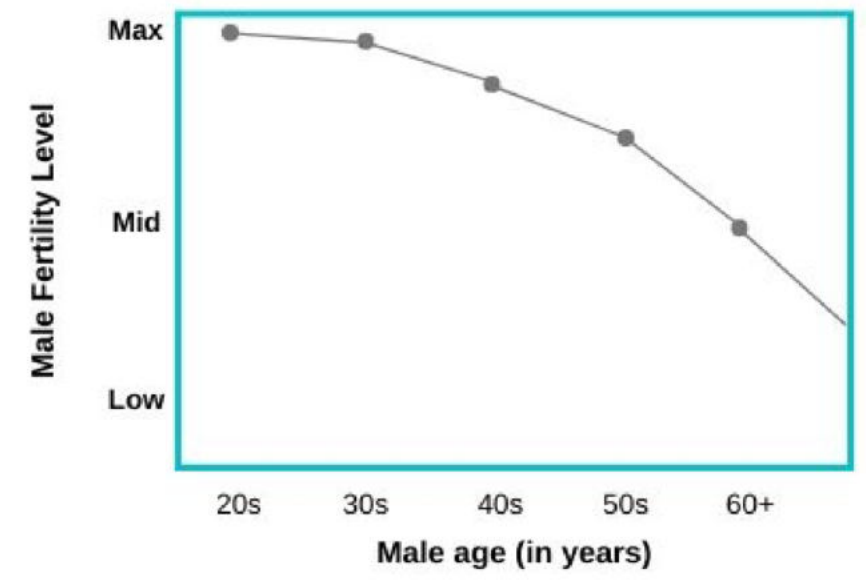




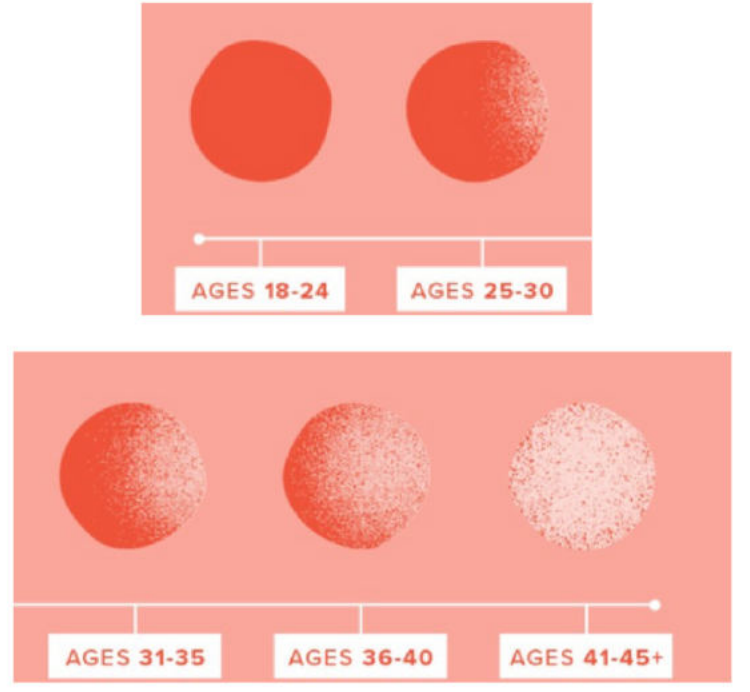
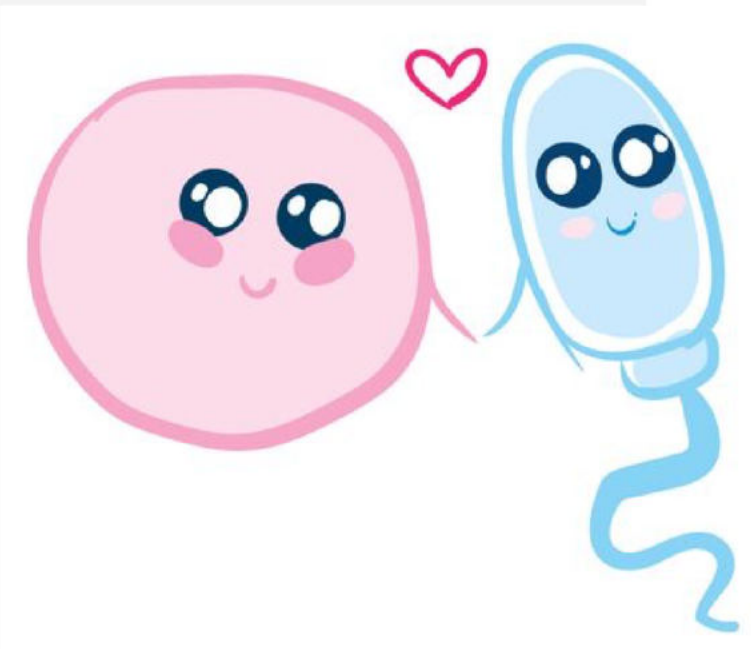
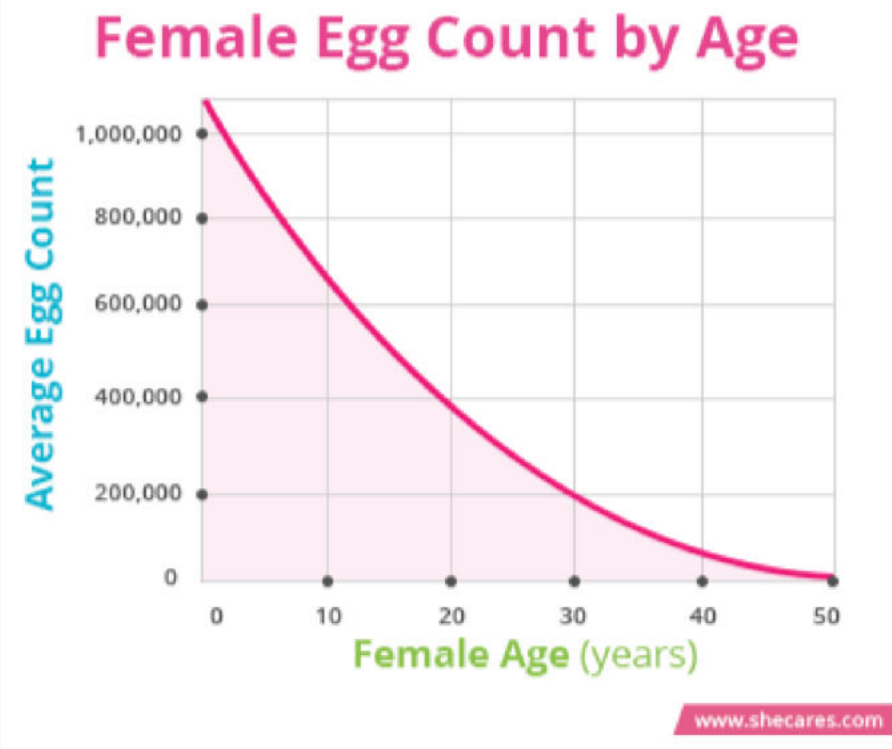
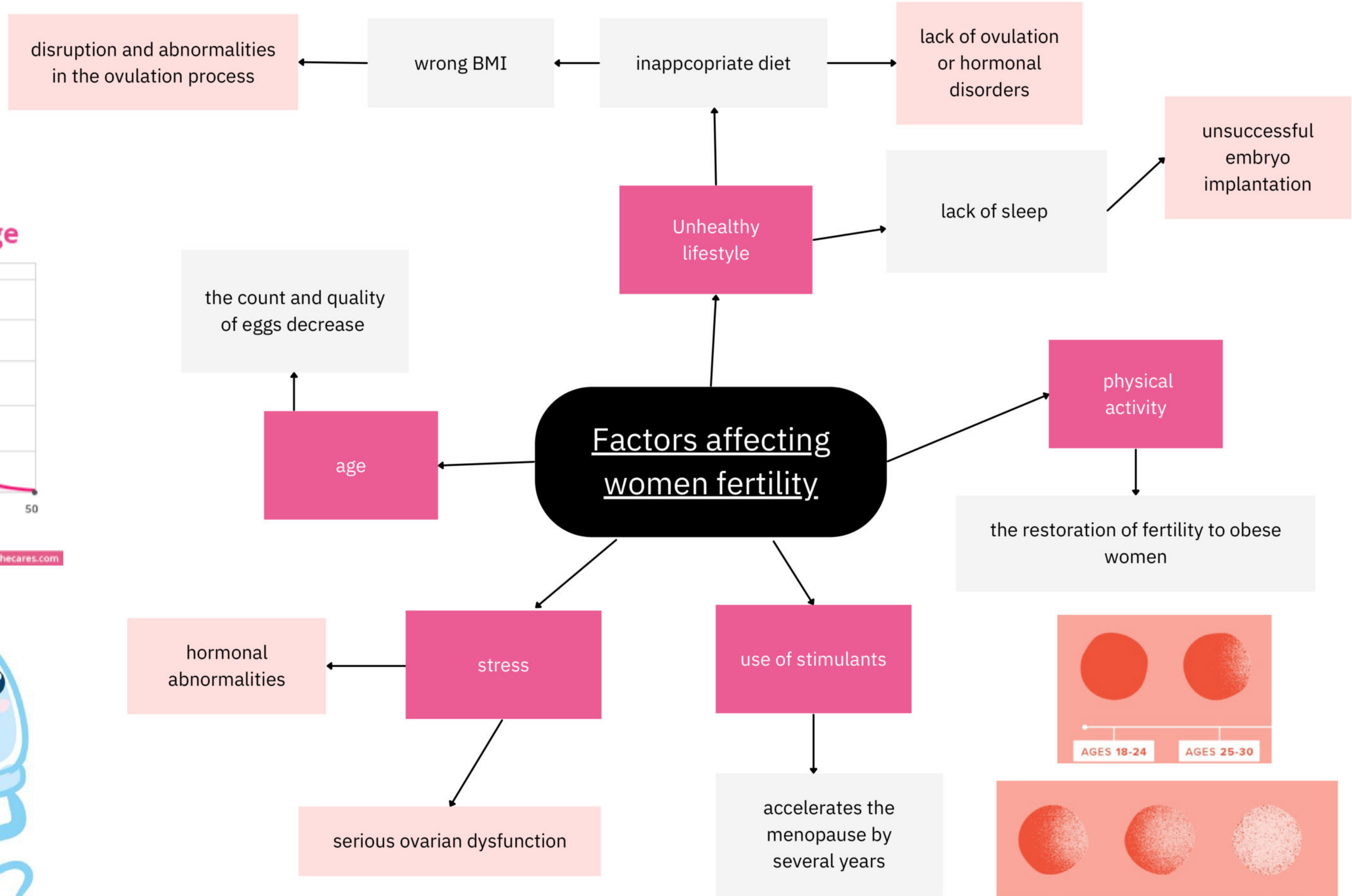
Healthy sperm will improve chances of conceiving, and the baby's health.

Ilość plemników w milionach/ ml:	50 i więcej	0
	49-40	1
	39-20	2
	19-10	3
	Poniżej 10	4
% plemników poruszających się:	0	5
	80 i więcej	0
	79-60	1
	59-40	2
	39-20	3
% normalnie wykształconych plemników:	Poniżej 20	4
	0	5
	80 i więcej	0
	79-70	1
	69-60	2
	59-40	3
	Poniżej 40	4

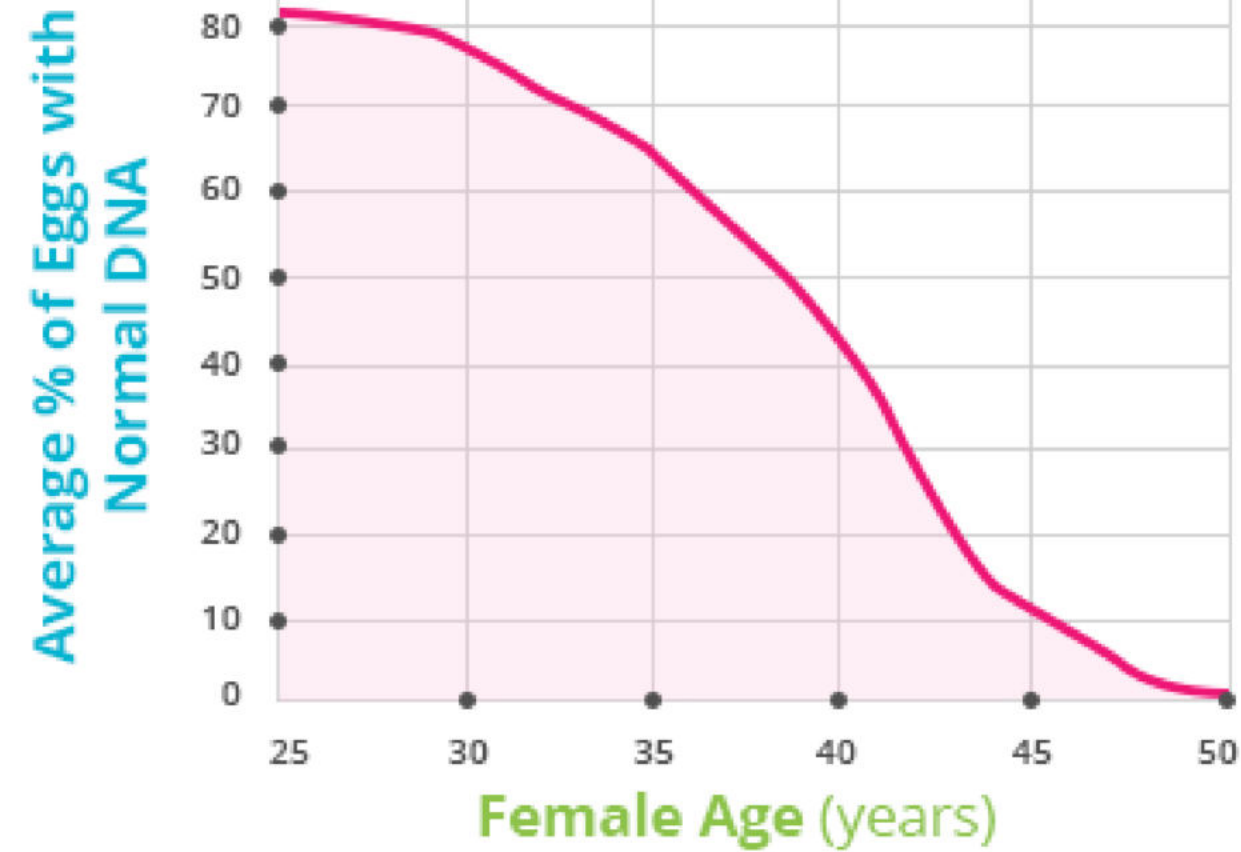
0-fertile, 1-probably fertile, 2-reduced fertility, 3-strongly reduced fertility, 4-12-probably infertile, 13-infertile



The most crucial and common factors.



Female Egg Quality by Age



www.shecares.com

FERTILITY RATES BY AGE

Fertility in the 20s

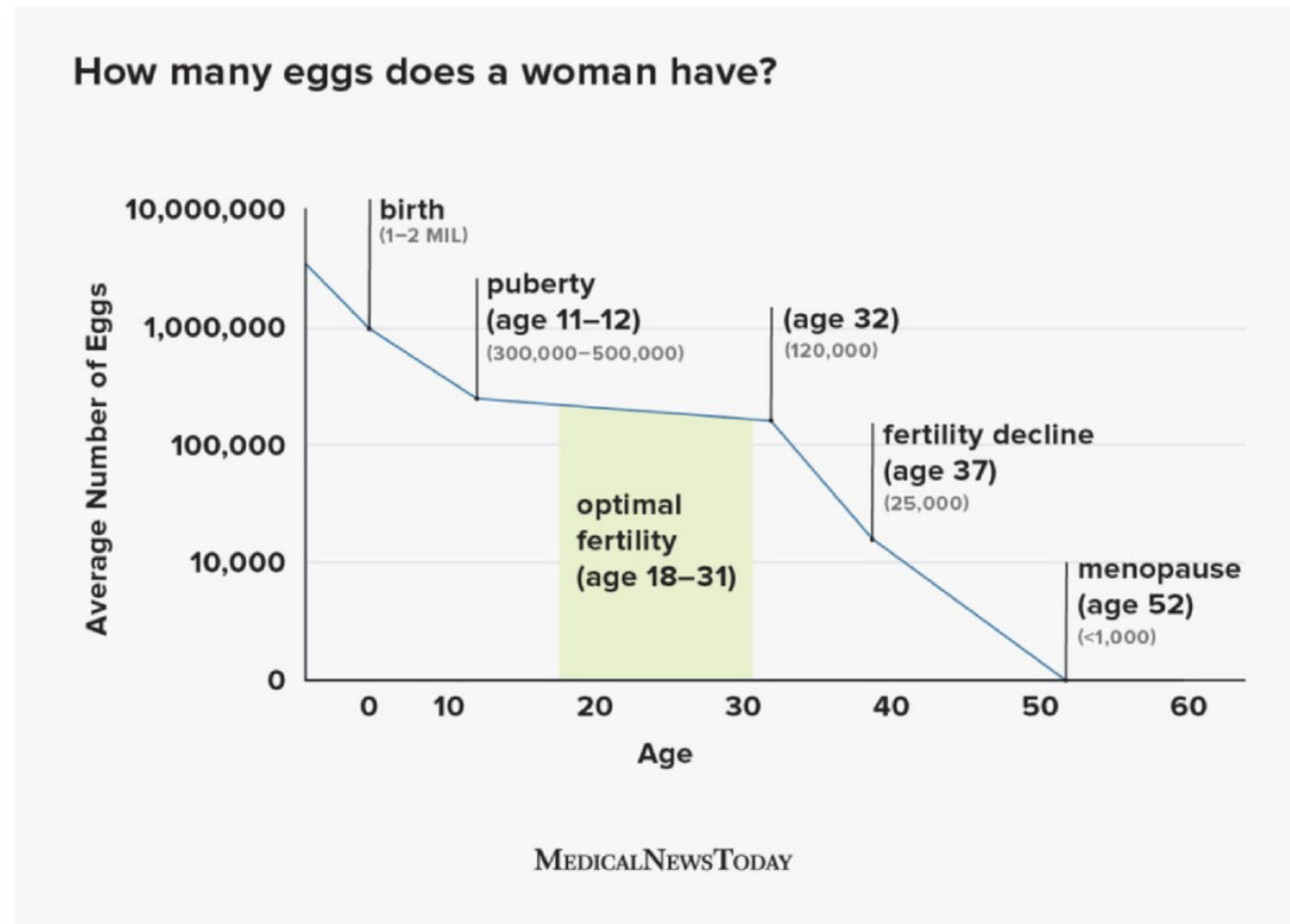
- Years of highest fertility
- 25% pregnancy chance per cycle
- 96% conceive within a year

Fertility in the 30s

- Still good, despite new challenges
- 86% conceive within a year
- Past 35, fertility declines faster

Fertility in the 40s

- Difficult to get pregnant naturally
- Most women rely on ARTs
- Higher risk of complications

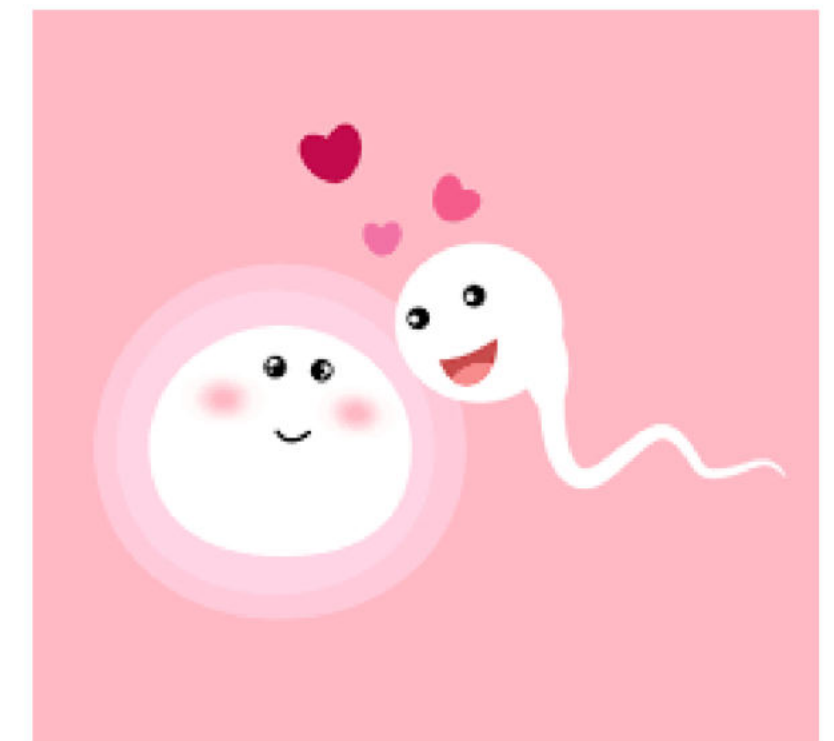


FERTILITY-AGE RELATION

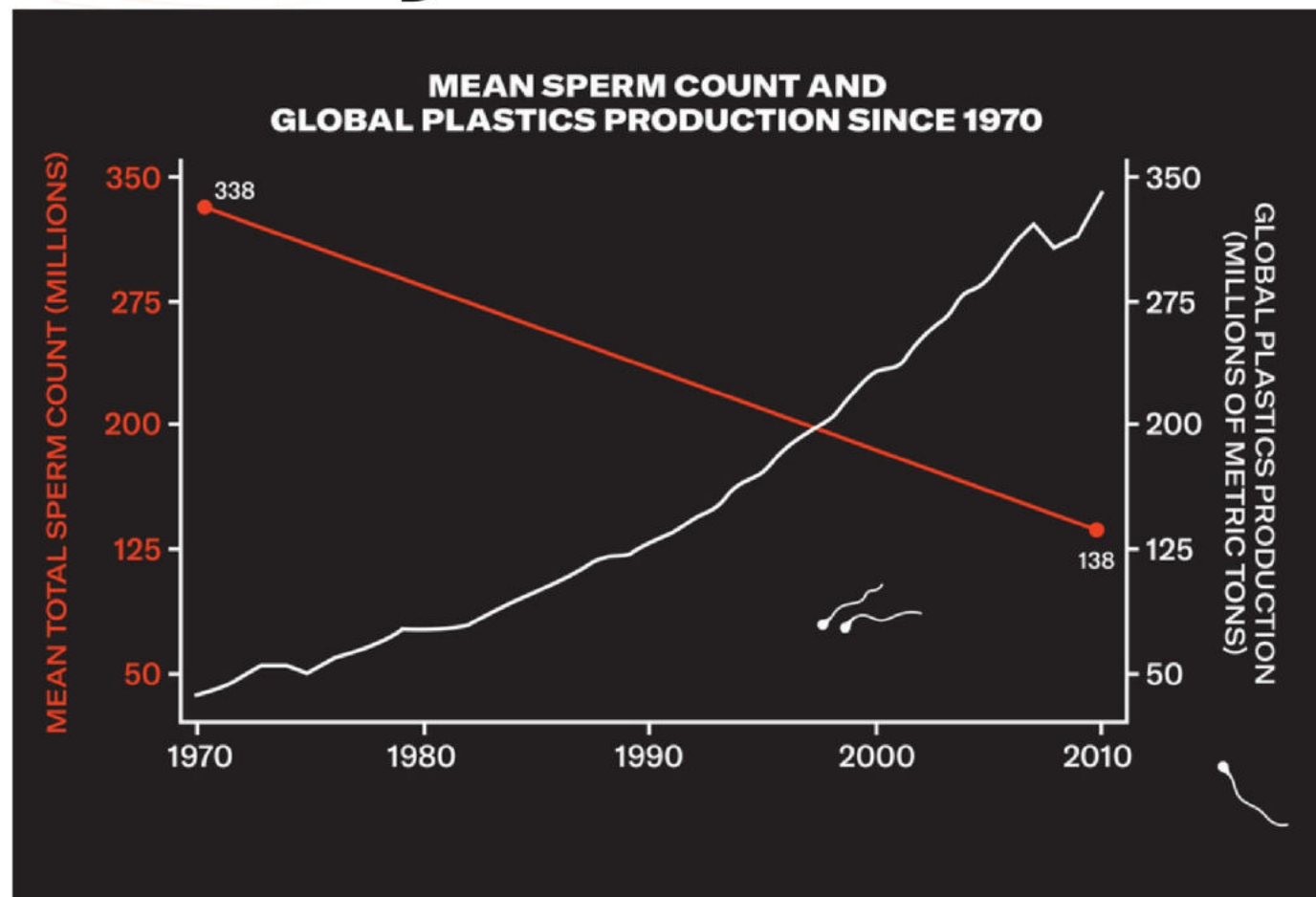
- Women's fertility mainly depends on the **number and quality** of her eggs.
- As she ages, her eggs degenerate, too.
- Over time, **low egg count & poor egg quality** make it difficult to conceive and have a healthy pregnancy.

FOODS TO PRIORITISE FOR FERTILITY

- Chinese Red Dates
- Walnuts
- Maca Herb
- Monk's Hand Fruit
- Tangerine Peel
- Fatty Fish
- Plant based protein
- Whole grains and vegetables
- Free range eggs and meat



Fertility over the years

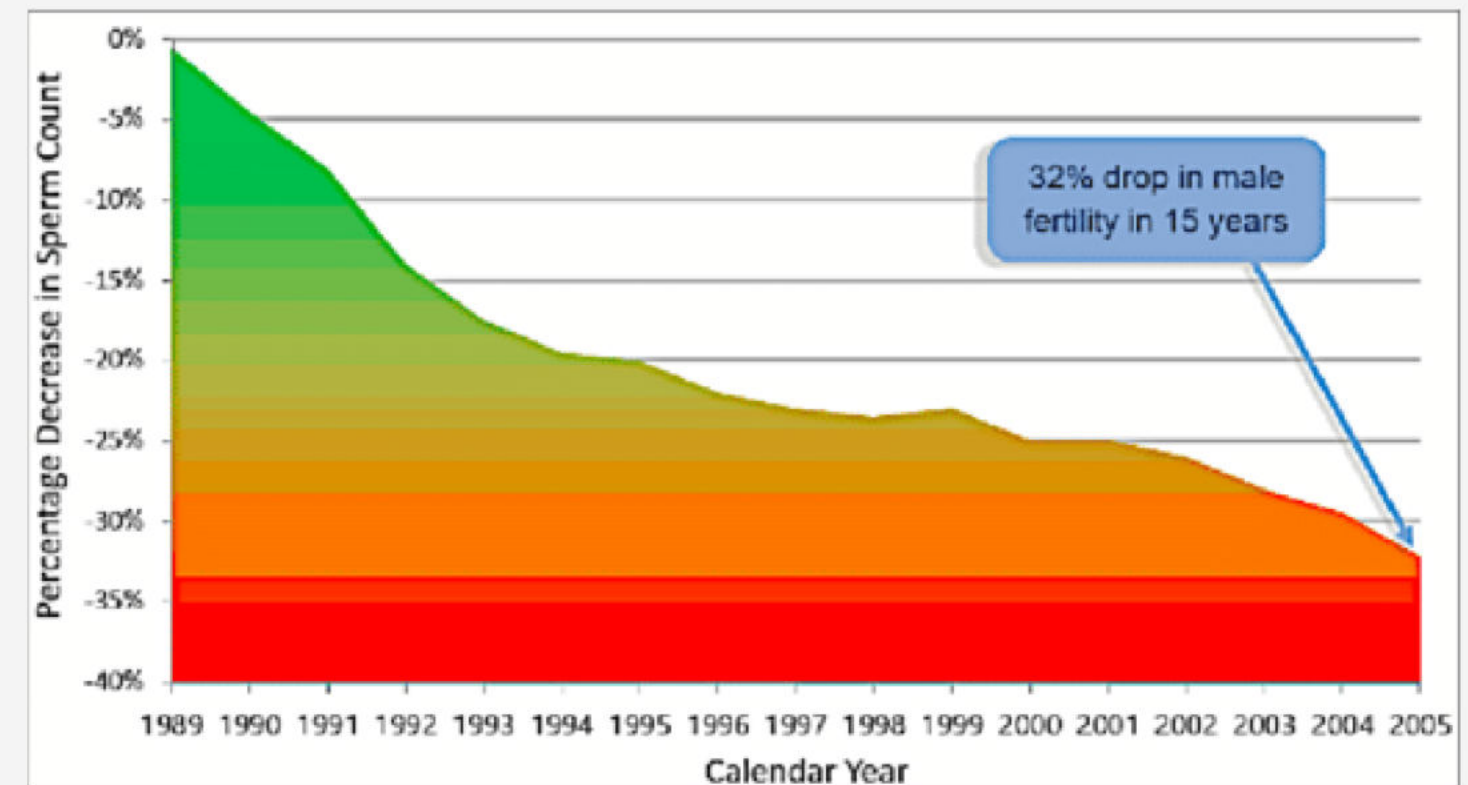


IN 1973

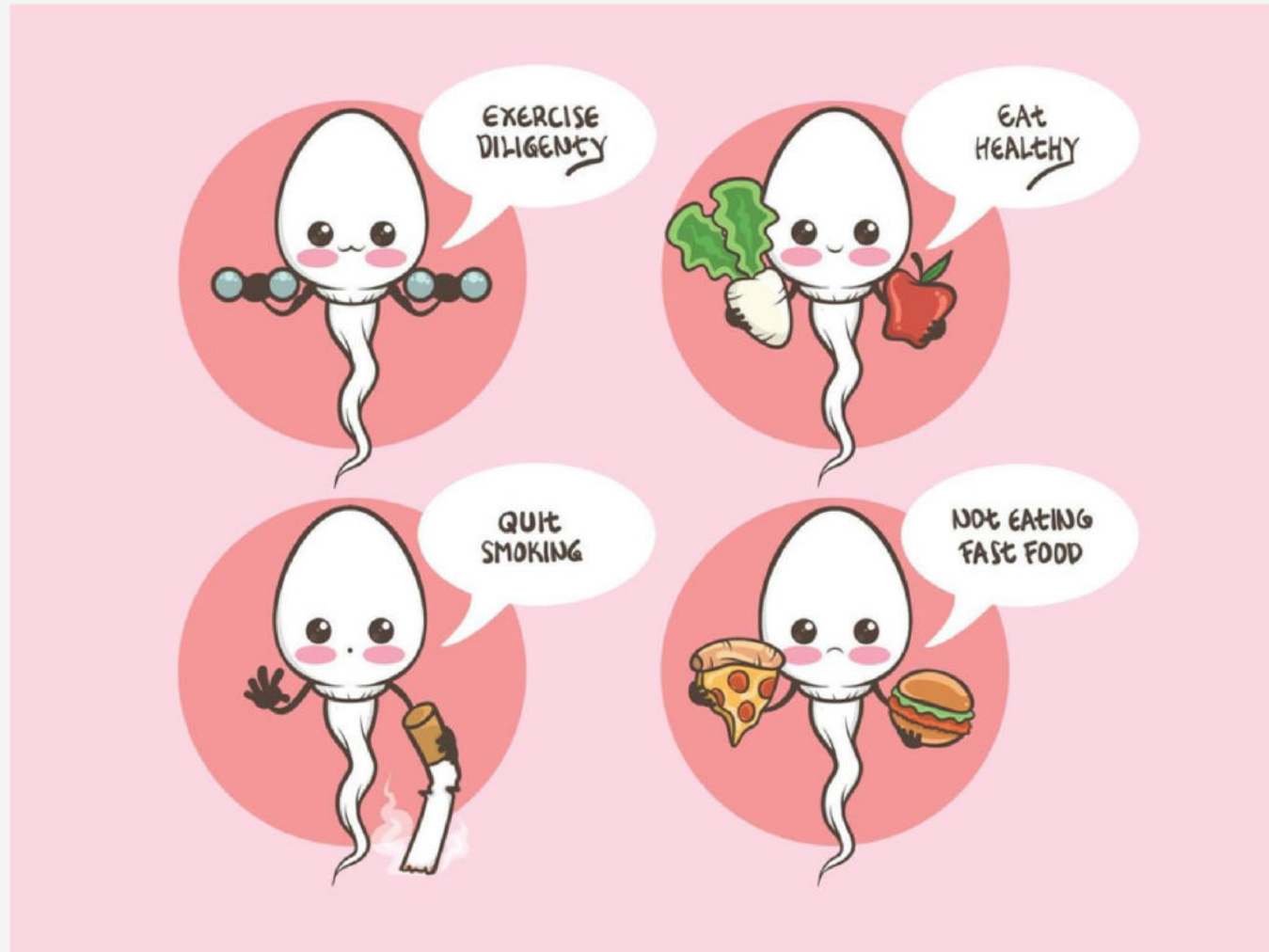
- 101 million sperm per milliliter

IN 2018

- 49 million sperm per milliliter



Results of my research



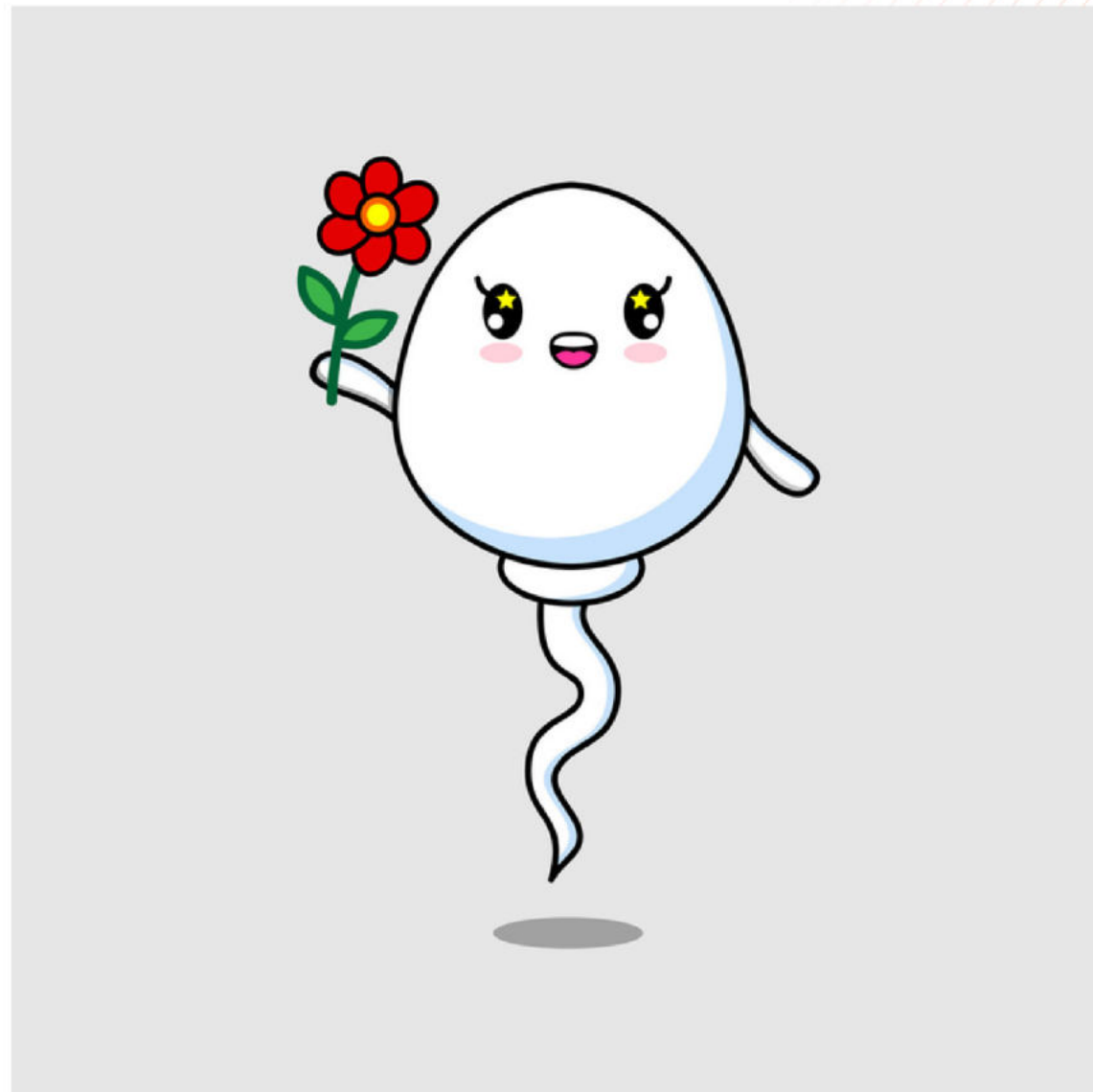
I learn what should I do to start a family without problems

I find out that infertility has been recognized as the civilization disease of the 21st century

I find out that in 50 years average sperm count was decreased by 50%

I learned how much affect have lifestyle on our live and future

**THANK YOU FOR YOUR
ATTENTION!**



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