

## Nota de premsa

The Spanish National Statistics Institute (INE) has just published the fertility survey data for 2018

# False myths about fertility

*Barcelona, 24th of April, 2019*

Which is the ovarian reserve of a 35 years old woman? How can we get to know its levels? Is it possible to have children from the age of 40 onwards?

These are common questions women ask themselves, especially those who think about motherhood. However, useful data on fertility are unknown and they are necessary to rule out false myths and get a more accurate idea on the subject. These are some of them:

- At the age of 35, a woman has 10% of her eggs. The lower the ovarian reserve is, the worse the egg quality.
- A simple blood test allows us to know the levels of the Anti-Müllerian Hormone (AMH), which is the chosen clinical score.
- The best age for egg cryopreservation is between 30 and 36 years old.
- 14 days go between ovulation up to the next period. Ideally, sexual intercourse should happen three days before and on the day of ovulation.
- An intake of folic acid during pregnancy helps to prevent the risk of severe spinal cord and brain disorders up to 70%.
- Women do not ovulate each month by a different ovary, it is random and eggs are not released during the period.
- There is no relationship between the age of the first period and that of menopause.

All these interesting data and other regarding fertility are collected in the book “I want to get pregnant now!” (Amat publishers), the book written by Doctor Marisa López-Teijón, that has just been released in English and Italian. A fertility guide written by the CEO of Institut Marquès, who regrets the lack of information on assisted reproduction and affirms that “only half of infertile couples seek help and it is estimated that only 22% of infertile patients get medical treatment”.

The main reasons are economic, moral and religious, which induce them to accept the situation or refuse the treatment; the lack of information or inadequate information; not finding support in their family environment or they simply prefer to hide it.

## **We start having children increasingly at later age**

The book offers advice on fertility for those women who want to fulfil their dream of becoming a mother. A desire that becomes true increasingly at a later stage, according to the results of the latest study of **XXXXXX**

### **About Institut Marquès**

Institut Marquès is an international reference centre for Gynaecology, Obstetrics and Assisted Reproduction based in Barcelona and with centres in London, Ireland (Dublin and Clane), Italy (Rome and Milan) and Kuwait.

In Italy, thanks to its centre in Milan and to the collaboration with the clinic Villa Salaria in Rome, Institut Marquès offers a comprehensive solution to people with fertility problems.

The centre has extensive experience in special hardship cases and it helps people from all over the world to fulfil their dream of becoming parents. Institut Marquès has the highest pregnancy success rates, an 89% per IVF cycle with egg donation.

Leader in innovation, the centre develops an important line of research about the benefits of music at the beginning of life and foetal stimulation.

Links of interest:

<https://quieroquedarmeembarazadaya.com/>

<https://www.elblogdelafertilidad.com/>

<https://institutomarques.com/>

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