

# Fertility Myths, Busted

What's true, what's not, and what really matters.  
Let's clear the confusion, one myth at a time.



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# Why Fertility Myths Exist

Fertility advice is often passed down through stories, social media, and well-meaning relatives. But not all of it is backed by science.



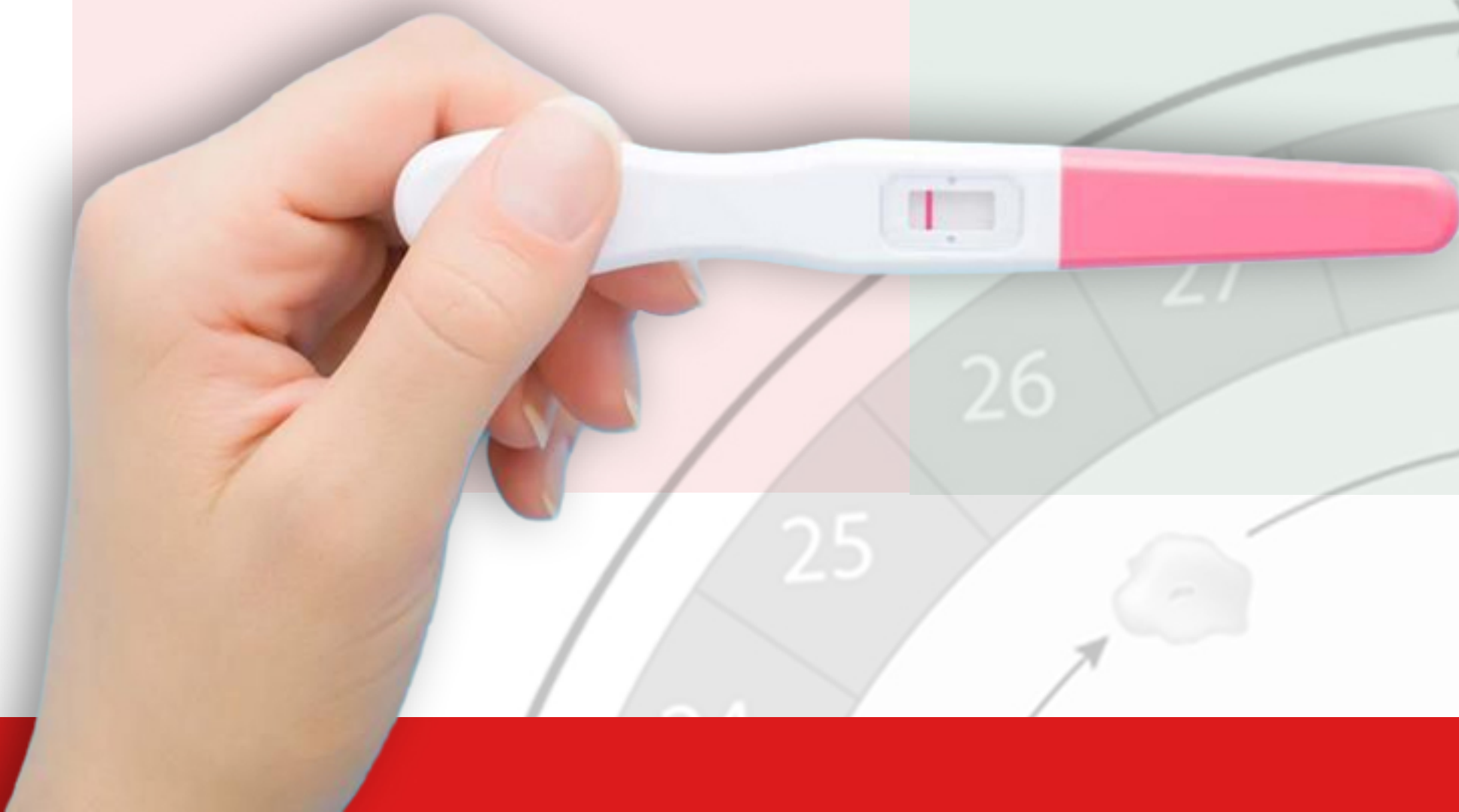
# Myth vs Fact: Timing & Ovulation



- ▶ Everyone ovulates on Day 14.
- ▶ You can get pregnant any day.



- ▶ Ovulation varies and depends on your cycle length.
- ▶ Pregnancy is most likely during the fertile window only.



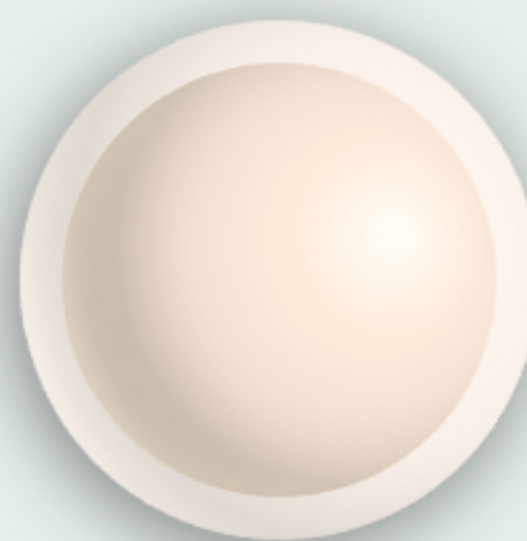
# Myth vs Fact: Age & Fertility



- ▶ Fertility drops suddenly after 35 years.
- ▶ Men don't have a biological clock.



- ▶ Fertility declines gradually, with a sharper drop after 35 years.
- ▶ Sperm quality also declines with age and lifestyle.



# Myth vs Fact: Lifestyle & Habits



- ▶ One unhealthy meal ruins fertility.
- ▶ Exercise is always good.



- ▶ Consistency matters more than perfection.
- ▶ Over-exercising can disrupt hormones.



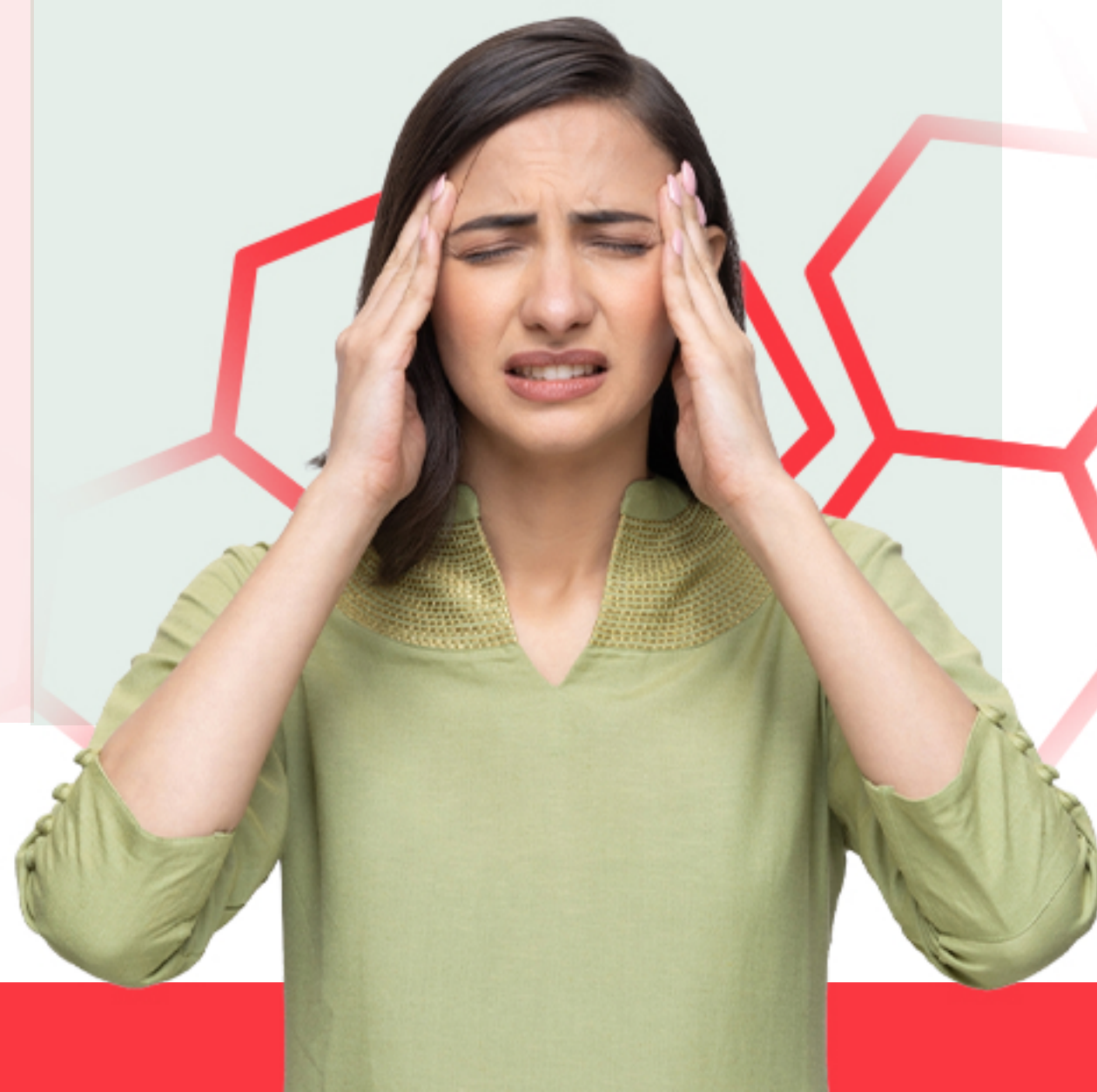
# Myth vs Fact: Stress & Emotions



- ▶ Stress alone causes infertility.
- ▶ Staying positive guarantees pregnancy.



- ▶ Stress doesn't cause infertility, but it can affect hormones.
- ▶ Emotional well-being helps, but it's not a cure.



# Myth vs Fact: Food & Supplements



- ▶ Superfoods alone can fix fertility.
- ▶ More supplements mean better fertility.



- ▶ Balanced nutrition works better than single "miracle" foods.
- ▶ Supplements should be taken only when needed.



# Social & Cultural Myths



- Infertility is always the woman's issue.
- Pregnancy happens quickly for everyone.



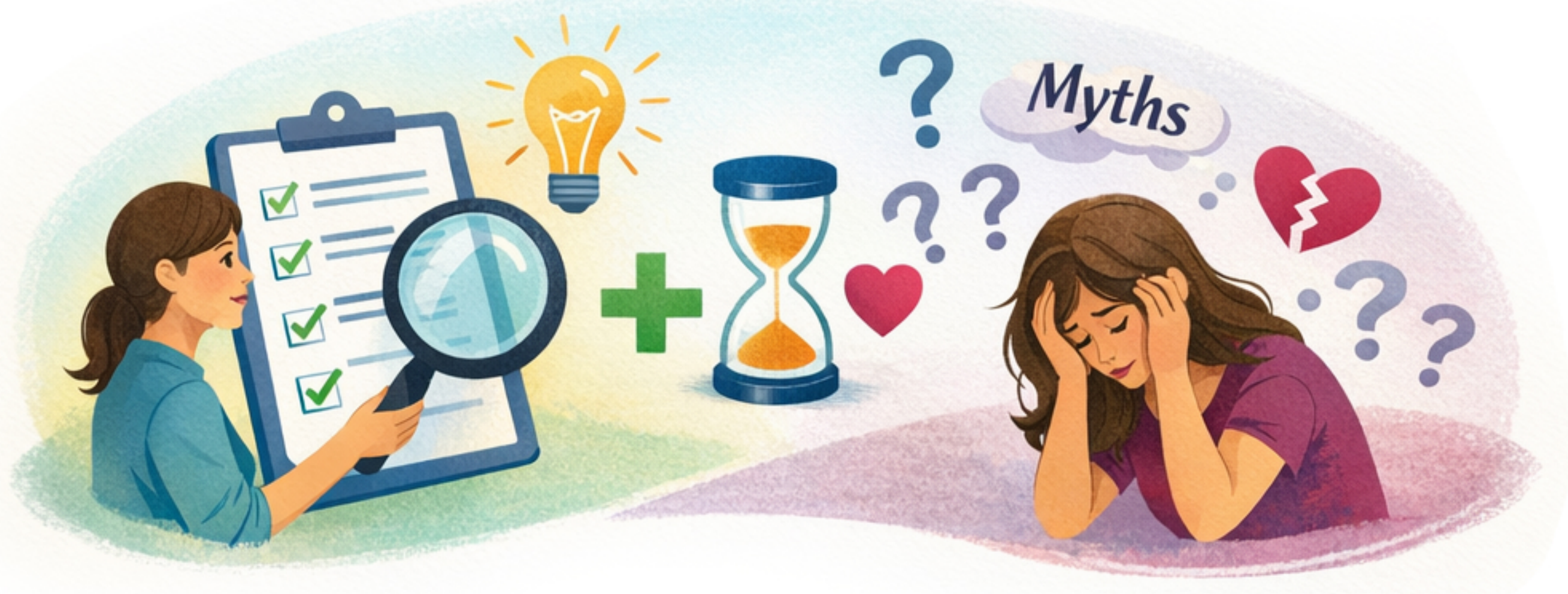
- Male factors contribute to nearly half of cases.
- It can take time, even for healthy couples.



# Why Believing Facts Matters

Facts help you make informed choices, reduce stress, and seek timely care. Myths often add unnecessary pressure and guilt.

When it comes to fertility, the correct information can be empowering. Ask questions, trust science, and seek expert guidance when needed.



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