

Smoking Affects Your Fertility: Butt Out!

Studies have estimated that a woman who smokes cigarettes retains only one-eighth of her natural fertility for as long as she smokes. The statistic is the same for a man. If both partners smoke, a couple's natural fertility is compromised even further.



One of the quickest and most effective ways to improve your fertility is to stop smoking. And remember, cutting down doesn't cut it: it has to be zero.

Fortunately, fertility in both men and women improve once they stop smoking. For more information about smoking and other lifestyle factors as they relate to infertility call us today at **416-506-0804** or visit our website: **www.itstime.ca**



WHAT IS INFERTILITY? Infertility is frequently defined as the inability of a couple to conceive and, subsequently, for a woman to carry a pregnancy to term, after six months to one year of unprotected intercourse. In 90 per cent of cases there is a specific cause for infertility that can be diagnosed and successfully treated.

For answers to your individual situation always consult a physician experienced in treating infertility.