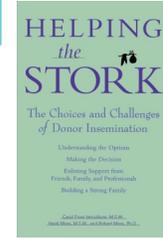




OUTREACH HEALTH GROUP

Announcement!

Check out the literature we offer to assist clients before, during and after their fertility journey! This month we are featuring:



“**Helping the Stork**” by Carol Frost Vercollone, Heidi Moss & Robert Moss.

Go to our Marketplace for this resource and more! <https://creatingcanadianfamilies.ca/product-category/literature/>

THOUGHT OF THE MONTH

Luck happens when preparation meets opportunity

Oprah Winfrey



ANNOUNCING NEW DONOR THIS MONTH

5462

Caucasian

Check out our Website!

Volume 6, Issue 3

March 2018

Does Anxiety Affect Fertility? Experts Weigh In

Trying to conceive isn't always "easy." For some, it's downright stressful. Having little-to-no control over whether or not you become pregnant is, for many women, a difficult thing to navigate. In fact, it can have a major impact on your mental health, sometimes making your anxiety worse. That's why it isn't atypical to wonder if [anxiety affects your fertility](#). The answer, however, just might surprise you.

According to a 2011 study published in *BMJ*, [women who experienced high levels of anxiety](#) before in vitro fertilization (IVF) treatment were just as likely to become pregnant as the women who were less stressed. In other words, experiencing anxiety prior to starting IVF shouldn't impact your results. But what about the women who aren't using IVF to get pregnant? The Anxiety and Depression Association of America (ADAA) reports that anxiety disorders are ["the most common mental illness"](#) in the United States, affecting 40 million adults in the United States age 18 and older, or 18.1 percent of the population every year." Since anxiety disorders are so common, can they impact a woman trying to get pregnant via sexual intercourse?

According to Dr. Alyssa Dweck, OB-GYN and co-author of *V is for Vagina*, [stress can cause you to miss a period](#). Dr. Dweck goes on to tell *Women's Health* it's because "this particular area of the brain, the hypothalamus, is

where a lot of the hormones for your period are regulated," and your hypothalamus is impacted by stress. And while it's absolutely possible to [get pregnant if you don't have a regular period](#), Dr. Michele Hakakha, M.D., OB-GYN with a private practice in Beverly Hills, CA, tells *Parents* that it's more difficult to do so. Basically, when it comes to getting pregnant, stress seems to have at least some affect on the overall process.

According to WomensHealth.Gov, [researchers don't know if mental health affects fertility](#) definitively, but they do know that infertility can negatively impact your mental health. Depression, anxiety, or any other mental health disorder could cause an avalanche of side effects that, in turn, make it more difficult to conceive. In other words, it's a vicious cycle, which is why it's [important to take care of your mental health](#) when you're trying to conceive, too. An extreme form of stress, for example, might create a change in hormones. And even the "common" side effects of stress — like fatigue, a change in sex drive, and an increase in overall anxiety — can impact how long it takes you to get pregnant.

For full article visit, <https://www.romper.com/p/does-anxiety-affect-fertility-experts-weigh-in-8007753>



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