

Debunking common fertility myths

A lot of people struggle while trying to start and grow their families.

1 in 6 people worldwide experience infertility, defined as not being able to conceive after one year or longer of unprotected sex. But even though it's common, infertility can be hard to talk about. "There are still a lot of myths going around," explains Dr. José Gutiérrez, an OB-GYN focused on fertility based in Mexico City. It's rarely discussed openly, which leads to misinformation and stigma. Here are some common myths about infertility—along with the facts you need to know.



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MYTH: Men don't play a role in infertility.

FACT: About one third of infertility cases are caused by men's reproductive issues, one third are caused by women's reproductive issues, and one third are caused by both male and female issues or by unknown causes.

MYTH: Once you're 40, you'll never get pregnant on your own without treatment.

FACT: Women are able to get pregnant in their late thirties and forties. You and your care team can determine what's best for you—there are many paths to parenthood, no matter your age. You can explore your options for IVF or natural conception with Maven providers who specialize in fertility.

MYTH: Egg freezing guarantees a baby.

FACT: While freezing your eggs can aid in the fertility process, it is not in fact a guarantee that you'll have a baby. There are many other things that need to be taken into consideration such as age, expense, and side effects.

MYTH: You don't have a say in your fertility journey.

FACT: You can—and should—advocate for yourself at every step of the way. You have choices in terms of your care team, what treatment you want to explore, and the information you learn.

Although it can feel like a big let down when it takes more time to get pregnant than you expected, working with a supportive care team can help you feel less alone. With Maven, you can easily talk to virtual providers like fertility awareness educators, OB-GYNs, reproductive endocrinologists, and connect you to trusted in-person providers in your area who can help guide you through your fertility journey.