



Mayo Clinic Guide to Fertility and Conception

Jani R. Jensen, Elizabeth A. Stewart

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Mayo Clinic Guide to Fertility and Conception is a comprehensive medical reference that provides answers and explanations to questions and concerns related to fertility, and potential solutions for those having difficulty conceiving or maintaining pregnancy.

Deciding to start or build your family is a life-changing decision. Maybe you recently decided to try to become pregnant, or perhaps it's something you've been contemplating for a while. But once the decision is made, there's a whole new set of unknowns, including whether the journey will be easy or difficult.

You may already have a lot of questions: How can you increase your chances of becoming pregnant? What health and lifestyle changes should you make to have a healthy pregnancy? And if you're struggling to become pregnant, what medical treatments are available? Where can you get emotional support if you can't get pregnant or if you've had a miscarriage? And when is enough?

The fertility experts at Mayo Clinic want to offer you the answers to these questions and more. Through the pages of this book, they'll guide you through the process of trying for – and achieving – a successful pregnancy.

You will also hear throughout the book from couples and individuals who have struggled to have a family. For a variety of reasons – health conditions, unexplained infertility or life circumstances – getting pregnant or deciding to have a family was difficult for them. These personal stories are to let you know that you're not alone in your journey, and to give you hope that with time and patience, pregnancy is often possible.

From lifestyle and dietary recommendations to understanding your ovulatory cycle to medications and procedures that can improve fertility, this book is a comprehensive source of answers from Mayo Clinic experts you can rely on.

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