

How to Get Pregnant at 42 Years Old?



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Introduction

Today, becoming pregnant post forty is not unusual. Earlier, bearing first child after thirty, or becoming pregnant after forty, were considered impossible. Those becoming pregnant at the age of forty were frowned and criticized. But now, things have changed a lot. Today, women have taken up white collar jobs and excel in several fields. They have their own priorities, goals to achieve and dreams to realize. Only when they get to embrace all this, they think about having a family and devoting considerable time for their kids. This is not wrong in the current era, where both men and women have equal responsibilities in maintaining a home.

Can You Become Pregnant at 42?

Many fear about becoming pregnant post their forties. But, I would like to assert, you can definitely become a mother at the age of 42. Yes, it is possible to get a baby after forty and just needs a little care and confidence. Read the real story about it at <http://pregnantat42.com/now> as the motivation for being a mother at your fourties.

According to research, women becoming pregnant after thirty five endure several risks including still birth, miscarriage, hypertension, downs syndrome, placenta previa, genetic disorders, pre eclampsia and diabetes. Also, the baby can be born with birth defects or can be underdeveloped. With good prenatal care and right nutrition, women can become pregnant even at 42!

Generally, women attain puberty between 12 - 14 years. This is the most ideal time to become pregnant and seven years after puberty, is when a girl becomes women. What does this mean? It is proven that though girls mature at fourteen, only when they are about 21, they are healthy enough to give birth to a kid. The organs develop fully and they are mentally and physically prepared for giving birth. Between 21 - 28, the next seven years is considered as the peak fertility period. It is also ideal that girls give birth to their first kid before thirty, to avoid delivery complications. However, with advanced technology and medical care, women can now conceive even after thirty. But, the fertility levels reduce post thirty and it becomes increasingly difficult to bear a child.

Risks that top the list for women becoming pregnant at 42 is genetic disorders. Generally, a women is healthy and so are her eggs, when she is young. But with age, her body becomes weak

and her eggs are no longer the same. Down's Syndrome is a condition where a woman's egg does not divide like it used to, when she was young. Those above 35 are at a risk ratio of 1:365, whereas at 42, it becomes 1:100. Also, chances of birth defects is 6% - 8%. While the statistics might seem scary, there's no reason to panic. There are many who have got healthy kids and you might be able to join the bandwagon with few precautions.

Yes, fertility rates begin to drop after thirty five, even when women have normal periods. However, until menopause, women can become pregnant and give birth to babies. The reduction in ovaries are called diminished ovarian reserve and can be determined by a test. This test will reveal the quantity and quality of eggs, thus helping with determining the possibility of a pregnancy. This drop in fertility is seen even in women who have perfectly normal, regular menstrual cycles. For this, doctors

recommend clomiphene challenge test and FSH testing. Here, the hormone levels of FSH and estradiol is determined on the third day from the time periods start. Within a day or two, another test is taken. Then the FSH levels are determined and compared. If the FSH values are higher, then fertility potential has reduced. In other words, if FSH is above 10, conceiving can be difficult, while 14 – 15 indicates the requirement for egg donation or Vitro fertilization.

There are many who pushed pregnancy through pills and other means, and realized they never got pregnant when they were off it. It is not uncommon, though it is still possible to become pregnant. According to Dr. Robert Stillman, who is the Medical Director of Shady Grove Fertility Centers in Washington D.C."Many people think that human reproduction is a much more efficient process than it really is." Many think of one person can become pregnant, they can too. But that's not the case, since every

woman is different. This means, it is possible with few measures taken and can often include external help.

Tips to Help You Become Pregnant

at the Age of 42

Everyone will flood you with advices and information when trying to become pregnant. There are many contradicting advices and suggestions doing the rounds. Here are few tips to help you pregnant at 42.

Get an ovulation predictor kit. This is a handy tool that helps you determine ovulation period. Why is this important? It takes 24 – 48 hours for a sperm to fertilize an egg after intercourse. By calculating the prime time for intercourse, one can make sure to try during these days. This will increase the chances of becoming pregnant. How is this done? The urine of the woman is tested to determine luteinizing hormone (LH) levels, which is known to increase prior to ovulation period. Based on this, a woman's

fertilization period can be determined. Alternatively, advanced ovulation planner that come with the ability to store urine sample results, compare the levels and suggest the ovulation period is in. This is considered better, though the price tag varies considerably. Depending on the budget, one can choose what suits best. Quit using the temperature method for determining your ovulation period roughly and switch to the innovative and accurate method of doing it.

Stress the root cause for all problems. High stress influences the ability to become pregnant. Stress Management is important for those looking to conceive at 42. While becoming pregnant at the age of 42 is by itself taxing, taking external help only adds to it. However, keeping it under is important.

Other reasons that inhibit pregnancy chances include obesity, being overweight or underweight, excessive exercising, drinking,

eating disorders and smoking. Even too much of coffee is known to inhibit pregnancy chances.

Expect the best, but prepared for the worst. This is not put in the wrong sense. You can expect to become by natural means, without any additional help. At times, fertility treatment might be needed. Even worse is when you might need the aid of artificial insemination or Vitro fertilization. While it might sound disheartening, it is good to be prepared and happy. Also, by thinking you have other means, reduces Stress!

If you need an expert help with affordable budget, then meet Lisa Olson from <http://pregnantat42.com/now> that will help you with one on one counseling and you can even get the guarantee so there is no risk on your side.

Advantages and Disadvantages of

Becoming Pregnant at 42

There are both advantages and disadvantages of becoming pregnant at 42. Let us take a quick look at both.

Advantages:

When talking about advantages and disadvantages, positives come first. The first advantages and the best of all is that, you are secure and comfortable. You would have faced lot of things in life and have probably attained financial free and stability. It is the best feeling one can ever get before getting a kid, which is an added responsibility.

At forty two, you probably had enough time with your spouse and in-laws. There is better understanding between you, making it easier when you need help or support. Also, when relationship is

strong, one can happily look forward to the pregnancy.

At forty two, you have done all you wanted to do, achieved your dreams and goals and happy to welcome your kid. You would be able to devote undivided time and attention for your family. You can give your kid the best, he/she deserves.

At forty two, you are matured and will have better parenting skills. The decisions taken are wise and thoughtful. Also, with enough time spent for you, your dreams and with your spouse, you are just wanting to do everything for your kid. It will be the best part of your life and a good start for your kid.

When conceiving at forty two, it is an all-in-on package. You have achieved your goals, gained financial stability and freedom and now, also getting a kid. Also, post forty, there are chances to get twins through natural pregnancy. When it is towards menopause, to release an egg from your ovary, hormones work more. This

way, two eggs are released and can be fertilized and implanted to your uterus. The result – you get twins who can be non identical. That is not all! When going with assisted contraception through follicle stimulating hormones, it increases chances for multiple pregnancy.

Now, the disadvantages:

You will need extra care and need to be more cautious than normal. There will be lot of changes to your lifestyle and food habits.

If you have other health problems, or develop new ones, pregnancy will be classified as high risk pregnancy. While it sounds scary, it just means you need to take more care. Same as point one, again!

Delivery complications listed below are common:

- ✧ C Section
- ✧ Underweight Baby
- ✧ Premature Baby
- ✧ Baby remaining in a wrong position while giving birth

Unlike young women, the chances of complications listed below are high:

- ✧ Pre-eclampsia
- ✧ Placenta Praevia (placenta lying low)
- ✧ Hypertension
- ✧ Gestational Diabetes
- ✧ Placenta coming away from the uterus!

Taking diagnostic tests for determining Downs Syndrome is important. The risk of developing this syndrome is higher post forty.

While the list sounds scary, there are many who become pregnant and give birth to healthy kids. These aren't problems everyone face. The list is just a precautionary measure to enlighten you on the possibilities and suggest ways and means to avoid it.

Precautions Before & While Pregnant

OK, Now that you have decided to become pregnant at 42 years old, here are few precautions and care to take, before becoming pregnant or while pregnant.

Being healthy is key. Consuming a healthy diet, maintaining ideal weight and doing exercises suggested by your physician are important. Most women above forty are suggested mild exercises to remain active. Also, pelvic floor exercises or Kegel exercises are suggested, to strengthen the pelvic floor thus aiding in normal delivery. If you have any bad habits like alcohol consumption, drugs, etc, time to stop it RIGHT NOW! Such habits influences pregnancy and increases risks by folds.

When trying to become pregnant at forty two, if you have tried getting pregnant for over six months without success, it is time to visit your physician. Only a physician will be able to suggest relevant fertility tests and determine the cause of the delay.

When checking your fertility levels, it is important to get the fertility levels of your partner tested. It is not just your fertility level that counts to become pregnant. So both should undergo tests for getting medical help sooner.

Identify if you are suffering with health conditions that prevent you from becoming pregnant. The conditions diagnosed commonly are as follows:

- ✦ Sexually Transmitted Diseases
- ✦ Irregular Monthly Cycle (This disrupts Ovulation period, making pregnancy difficult)
- ✦ Polycystic Ovary Syndrome

When intending to become pregnant, first consult your doctor. Why so? Your physician will conduct extensive tests, including fertility tests. At the age of forty two, there are possibilities for

health problems. So, a master check up is done to rule out health complications. Also, few health problems make pregnancy difficult to impossible. It is ideal to determine that and seek medical attention, before becoming pregnant and affecting an innocent child.

Besides fertility tests, other tests are done to determine hormone levels. This is also very important for delivering a healthy baby. In case there are any complications, your physician would advice if you need external help, or suggest alternative methods to conceive. If it is just a fertility problem, fertility treatment should suffice. At times, due to health conditions or other factors, natural pregnancy might be impossible. Artificial insemination or Virto Fertilization would be suggested based on the results.

Conclusion

Suggesting other means for conceiving is not rare, though we are looking only at the positives. Let us hope and pray you are all fit for becoming pregnant and will deliver a healthy baby soon. Congrats for your courage and determination. You have taken the first step towards safer pregnancy at forty two years old, by researching on the advantages, disadvantages and precautions. I wish you all success!

Regards,

Tria