



FERTILITY IN THE CAF

What members need to know about Fertility, Timing, and Support

WHY MAY CAF MEMBERS BE AFFECTED MORE?



Posting
frequency



Deployment



Social
disconnection

WHAT CAN I DO?



Both partners

- Stop smoking/vaping
- Reduce alcohol
- Stop recreational drug use
- Aim for a healthy weight
- Track cycles & time intercourse
- Use sperm-friendly lubricants



Male partner

- Stop testosterone, anabolic steroids, and male supplements
- Avoid heating testicles (e.g. hot tubs)
- Consider coenzyme Q10



Female partner

- Start a prenatal vitamin
- Cervical cancer screening (if due)
- Review medications with primary care provider and seek advice about safety in pregnancy

WHEN SHOULD I SEEK HELP?



Female

- **40+ years:** immediately
- **35- 39 years:** after 6 months of trying
- **< 35:** after one year of trying
- Seek help sooner if:
 - Infrequent or absent periods
 - Known endometriosis
 - Prior pelvic surgery or tubal ligation



Male

- Prior genital surgery or vasectomy
- Previous STBBI
- Significant medical condition
- Sexual dysfunction
- Known infertility

Same Sex Couples – may seek help immediately

FERTILITY PRESERVATION



Military service can make family planning harder by delaying pregnancy due to training, taskings, and deployment



Egg/embryo freezing can provide options for the future **BUT** it does not guarantee pregnancy/birth



Not currently covered by spectrum of care outside of medical reasons (e.g., cancer, gender affirming care)



Very expensive (about \$12-15K) and has ongoing storage fees (\$600-1000/year)



Women and Diversity Health

Santé des femmes et de la diversité

FERTILITY FACTS



1 in 6 heterosexual couples experience infertility



Pregnancy is not guaranteed, even with treatment.



Wait times can be long for fertility clinics - **plan ahead.**



Testosterone or other anabolic steroids can **greatly reduce/eliminate** sperm production!



Obesity increases infertility risk for both males and females. For females, there is increased risk of complications, including pregnancy loss.



Females over age 35:

- Fertility declines
- Longer to get pregnant
- Risk of pregnancy complications
- Increased rates of miscarriage and pregnancy loss



Hormonal birth control does **NOT** cause infertility

- Fertility usually returns quickly after stopping
- **Exception:** Depo-Provera® (may take 10+ months)