

# AcaciaAnswers

with Nurse Practitioner Lucy Palomino

## What if I can't get pregnant?



- MMSN, RN, FNP FAMILY
- PRIMARY HEALTH CARE, ACACIA NETWORK
- DOCTORATE, STONY BROOK UNIVERSITY, 2014

primary care provider! Chronic diseases such as Diabetes or Obesity can cause fertility problems. Women who are in good health get pregnant more easily, and have more comfortable pregnancies. Keep on track with your regular healthcare check-ups to ensure optimal, baby-making health throughout the entire process.

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**Dear Nurse Practitioner,**  
I just turned 34 and my husband and are finally ready to start our family. We knew we didn't have our finances where we wanted them to be before now, so we kept pushing it back. Now that we're ready though, I'm scared. What if I can't get pregnant? I've been on birth control the past couple of years— how soon after getting off it will I be able to get pregnant?

-Janise

Dear Janise,

Nowadays, a lot of couples are in a similar position as you and your husband. Congratulations in advance for deciding to experience the joys of parenthood. That said, all women— and even men— are at the whims of our biological clocks, and it's wise to think about your future.

Studies show that there is a decrease in fertility between the ages of 29-35, but that most 35 year old women still won't have a problem. A 35 year old women has about a 15% chance of getting pregnant during any

one ovulation cycle— that's pretty good odds! However, at 38 or 39, pregnancy becomes more rare.

Having been on birth control shouldn't cause a problem. Your cycle may need a few months to

regulate before you become pregnant, but I wouldn't worry about it. If after 6-12 months, you and your husband aren't pregnant yet, you may consider visiting a fertility specialist.

Lastly, don't neglect your

**Schedule an Appointment Today! (718) 764-1577**

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966 Prospect Avenue, Bronx

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