

# Pregnancy and Fertility

**L.O: to understand the different stages of pregnancy and how fertility can vary in individuals**

## **DNA:**

**Read through the scenario below:**

Amaal and Simon have been trying for a baby for five years. Amaal is 39 and Simon is 40. Amaal was really excited when her periods stopped – but her pregnancy test was negative. The couple are very stressed and Simon is now smoking even more than usual.

- **What could be causing issues for the couple as they try to conceive?**
- **Identify three possible issues**



## **Key vocabulary**

Infertile

IVF

Miscarriage

Menopause

# Pregnancy and Fertility

## Possible answers

**Amaal is at an age where she will be reaching menopause\*.**

**Stress can cause hormone imbalances**

**Simon's smoking habit can lead to problems that cause infertility**

**\*Menopause is when your periods stop due to lower hormone levels**



# *What to expect when expecting...*

[https://www.youtube.com/watch?v=F\\_ssj7-8rYg](https://www.youtube.com/watch?v=F_ssj7-8rYg)



*As you watch the video,  
your teacher will pause  
at each part for you to  
make notes.*

*Write down the key ideas  
from the video.*

*What are some of the  
effects of pregnancy?*

# Healthy Pregnancies

<https://www.youtube.com/watch?v=KNEGPOum4pU&t=3s>



- **What key ideas did you get from the video?**
- **What other ways are there that can contribute to a healthy pregnancy?**
- **What do you think is the most harmful habit during pregnancy?**



# IVF

In vitro fertilisation: (of a process) performed or taking place in a test tube, culture dish, or elsewhere outside a living organism.



- If a male or female or both are infertile, they may overcome this problem by using *In vitro* fertilisation (IVF)
- In IVF, eggs and sperm are removed from a person.

To remove eggs for a female:

- The normal menstrual activity is temporarily suspended with hormone-based drugs
- Then the ovaries are induced to produce a large number of eggs simultaneously
- When sufficient eggs are produced the doctor removes them.
- Once egg and sperm are removed, egg and sperm are mixed together in a shallow petri dish (incubated)
- Petri dish is checked with microscopic examination to ensure fertilisation
- Once fertilised the zygote is incubated at body temperature for 2-3 days
- When the embryos reach 4 to 8th cell stage embryo is implanted into the females uterus (can be a surrogate)

- What are the positive of IVF?
- Might be the drawbacks of it?

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# Miscarriage

Miscarriage is **the spontaneous loss of a pregnancy before the 20th week**. About 10 to 20 percent of known pregnancies end in miscarriage. But the actual number is likely higher because many miscarriages occur very early in pregnancy — before you might even know about a pregnancy.

Sometimes, miscarriages happen because the pregnancy develops outside the womb. This is known as an **ectopic pregnancy**.

Ectopic pregnancies are potentially serious as there's a risk you could experience internal bleeding.

Symptoms of an ectopic pregnancy may include:

- persistent and severe tummy pain, usually on one side
- vaginal bleeding or spotting, commonly after the pain has started
- pain in your shoulder tip
- diarrhoea and vomiting
- feeling very faint and lightheaded, and possibly fainting

## **Class discussion:**

- *How do you think someone may feel after a miscarriage?*
- *What comfort can you provide for someone who experiences a miscarriage?*
- *How might a miscarriage affect someone's decision to have baby in the future?*
- *What do you think doctors and medical professionals can do to help raise awareness of the symptoms of a miscarriage?*

# Create a Poster

**Create a poster for a doctor's office for women who are pregnant focusing on the following points:**

- What to expect during pregnancy
- Advice for new mothers
- Addressing misconceptions
- Alternative methods
- Dealing with complications

## ADVICE DURING PREGNANCY



**Title**

*Pregnancy  
Expectations*

*Advice:*

- 
- 
- 

*Misconceptions:*

- 
- 
- 

*Alternative  
Methods*

*Image*

*Dealing with  
Complications*

# Plenary

***How important do you think it is to have a support network when dealing with pregnancy?***



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