

International Journal of Drug Research and Technology

Available online at <http://www.ijdr.com>

Commentary

WOMEN'S AWARENESS OF THE EFFECTS OF AGE ON FERTILITY

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DESCRIPTION

In order to make sound decisions about whether, when, and how to conceive, it is essential to have a thorough understanding of reproductive facts. This study wanted to find out what women know about the effects of age on fertility and the efficacy of assisted reproductive technologies for treating fertility, women seeking fertility treatment at the University Medical Center were the subjects of a cross-sectional study. Using a structured questionnaire, people were questioned. In order to raise awareness of the effect that age has on fertility, health education on fertility must be part of broader health promotion programs. For women and couples to make sound decisions about whether, when, and how to conceive, it is essential to have a thorough understanding of reproductive facts. Prior to planning and conceiving a pregnancy, it is essential to identify knowledge gaps, such as prevalent myths and misconceptions, attitudes, and practices, among women of reproductive. In a similar vein, gaining an understanding of how women obtain information regarding reproductive health can bring to light opportunities for improved communication and the dissemination of information [1].

The postponement transition that occurs when couples have children during a time when women's fecundity is decreasing is linked to the lowest observed fertility. Although some global factors, like the introduction of contraceptive methods that gave women more control over their reproduction, may account for this delay, specific factors may be at play in various countries and contexts. Fertility awareness studies have demonstrated the general lack of awareness of the age-related relationship of the risk of infertility and the overestimation of both women's fecundity at older ages as well as the rates of success. Despite the fact that the widespread availability of assisted reproductive technologies (ART), such as in vitro fertilization (IVF), has assisted many couples in realizing their dream of becoming parents, these techniques are unable to fully compensate for the age [2].

The purpose of this study was to find out what women know about the effects of age on fertility and the efficacy of assisted reproductive technologies for treating fertility; and to investigate the connection between socio-demographic factors, medical history, and lifestyle choices and women's fertility-related knowledge. Based on their responses to the AMA score, women in this study have a fair understanding of the impact of advanced age on infertility. Despite this, they demonstrated a significant lack of knowledge about ART, which may be indicative of the high expectations that

women had regarding the role and possibilities of IVF. Interestingly, women with particular diagnoses of infertility were more knowledgeable about ART. Even though the AMA's overall knowledge was reasonable, only one of the questions. After age 34, it is harder to get pregnant was correctly answered by more than 80% of women. Except for women who had previously experienced gynecological issues, ART knowledge levels were generally too low: Infertility knowledge was higher only among women who had previously experienced clinical disorders. Although women's expectations regarding IVF were not specifically explored in this study, the international literature on the subject is quite consistent with our low ART knowledge: Women have much higher expectations than actual success rates. They don't seem to understand the concepts of chance and percentage; However, their expectations are likely to be more realistic after a treatment failure [3,4].

The majority of people who took part in our survey say that the internet and women's health providers are their preferred sources of information about their reproductive health and conception. However, women with specific gynecological and fertility conditions are the only ones who exhibit higher knowledge. Comprehensive health education strategies are required to overcome the lack of specific associations between knowledge and socioeconomic and educational backgrounds. Both the expected benefits of assistive technologies and the effect of age on fertility were found to be poorly understood in this study [5,6].

CONCLUSION

Women need more information about reproduction in order to be able to make well-informed decisions, avoid unwanted pregnancies, preserve fertility, and improve preconception health. Health education on fertility must be part of broader health promotion programs for women and men that also recommend taking a prenatal vitamin with folic acid and promoting overall healthy lifestyle choices like eating healthy and being active, avoiding smoking and alcohol, and so on. These interventions should be integrated across levels of care and clinical settings, allowing for ongoing patient communication and prompt follow-up, which have been identified as barriers to accessing specialist fertility care. They should also ensure that individuals have a realistic view of fertility treatment from the beginning.

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Received: 2-December-2022, Manuscript No. IJDRT-23-90115; **Editor assigned:** 4- December-2022, Pre QC No. P90115; **Reviewed:** 17- December -2022, QC No. Q-90115; **Revised:** 23-December -2022, Manuscript No. R-90115; **Published:** 31-December -2022, DOI: 10.37421/2277-1506.2022.11.385

Cite This Article: Hater S (2022). Women's Awareness of the Effects of Age on Fertility. *International Journal of Drug Research and Technology* Vol. 11(12) 1-3.