

When Reproduction Meets Ageing: Unravelling the Complexities of Fertility and Longevity



When Reproduction meets Ageing: The Science and Medicine of the Fertility Decline (Emerald Studies in Reproduction, Culture and Society) by Nolwenn Bühler

★★★★☆ 4.4 out of 5

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As we age, our bodies undergo a number of changes. Some of these changes are visible, such as the appearance of wrinkles and grey hair. Others are less noticeable, such as the decline in our reproductive functions.

The decline in reproductive function is a natural process that begins in our mid-30s. For women, this decline is most noticeable around the time of menopause. For men, the decline is more gradual and begins later in life.

The decline in reproductive function can have a profound impact on our lives. For some people, it can lead to infertility. For others, it can lead to a

decrease in fertility. This can make it more difficult to conceive children or to maintain a pregnancy.

There are a number of factors that contribute to the decline in reproductive function with age. These factors include:

- Changes in hormone levels
- Changes in the quality of eggs and sperm
- Changes in the reproductive organs

Changes in hormone levels are one of the most significant factors that contribute to the decline in reproductive function with age. In women, the ovaries produce less and less estrogen and progesterone as they age. This can lead to irregular periods, decreased fertility, and eventually menopause.

In men, the testes produce less and less testosterone as they age. This can lead to decreased sperm production, decreased libido, and erectile dysfunction.

Changes in the quality of eggs and sperm can also contribute to the decline in reproductive function with age. In women, the eggs that are produced are less likely to be fertilized as they age. In men, the sperm that are produced are more likely to be damaged or abnormal.

Changes in the reproductive organs can also contribute to the decline in reproductive function with age. In women, the uterus becomes thinner and less elastic as they age. This can make it more difficult for an embryo to implant.

In men, the prostate gland can enlarge as they age. This can make it more difficult for sperm to exit the penis.

The decline in reproductive function with age is a natural process, but it can have a profound impact on our lives. It is important to be aware of these changes and to plan accordingly. If you are concerned about your fertility, talk to your doctor.

The relationship between reproduction and ageing is complex and multifaceted. There are a number of factors that contribute to the decline in reproductive function with age, including changes in hormone levels, changes in the quality of eggs and sperm, and changes in the reproductive organs. These changes can have a profound impact on our lives, making it more difficult to conceive children or to maintain a pregnancy.

It is important to be aware of these changes and to plan accordingly. If you are concerned about your fertility, talk to your doctor.



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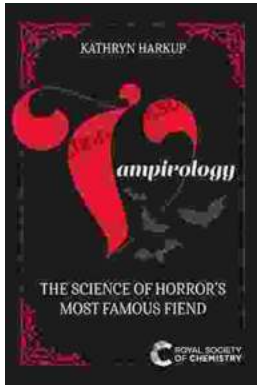
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