

resources: pregnancy & birth

NEWS REPORT

• Craving bizarre food concoctions or feeling clucky are aspects associated with pregnancy. Forgetfulness, however, is not. New Australian National University research has found no evidence that pregnancy effects cognitive function. Based on analysis of 2,500 women, the research was first undertaken in 1999 and again in 2003 and 2007. It was found that the 76 women who were pregnant during the second or third interviews scored no differently on logic and memory tests than previously. 'We found no effects of pregnancy on cognitive capacity and motherhood also had no detrimental effects,' says Professor Helen Christensen.



MY CHILD LOVES MUMMA & BUBBA ORGANICS

Each product in the premium Mumma & Bubba Organics range is carefully formulated with a blend of natural, organic ingredients and botanical extracts. Packaged in gorgeous nesting gift boxes (perfect for children's play), the products are designed to soothe and nourish the skin. Ranging from \$16.95 to \$29.95 for individual products. For stockist enquiries phone 02 9531 1244.



DID YOU KNOW? FERTILITY TREATMENTS ARE ON THE RISE

More than 10,000 babies were born in 2006 as a result of fertility treatments including IVF, according to the latest Australian Institute of Health and Welfare Assisted Reproduction Technology (ART) report.

The report shows an increase in the number of people conceiving through ART and a decrease in the number of twins being delivered.

Associate Professor Peter Illingworth, President of the Fertility Society of Australia and Medical Director of IVF Australia, says of the 10,522 babies born in 2006, over 78 percent were singletons, 20 percent were twins and fewer than one percent were higher order multiples. 'Single embryo transfer cycles are on the rise, reflecting the trend of fewer embryos transferred per ART treatment cycle,' he says.

The report also showed an increase in the number of women aged 40 years accessing treatment. Associate Professor Illingworth says the success rates for women in this age group have improved, however IVF should not be considered as an "insurance policy". 'Women in their 40s undergoing IVF now have the best chance possible of conceiving using their own eggs, thanks to better media for culturing embryos and improved techniques to select those most likely to develop healthily, however in reality not everyone will walk away with a baby,' he says.

'The message we send to Australians who wish to start a family is to think about starting earlier while their fertility is still high.'

FIVE WAYS TO KNOW IF YOU ARE OVULATING

- 1 GET TO KNOW YOUR BODY** Twenty percent of women experience cramps in the lower abdominal area, often to the side they are ovulating from. This is your body's way of telling you it's time to get to it.
- 2 CHECK THE CALENDAR** Most women ovulate in the middle of their cycle. So if you have a 28-day cycle, then for most women ovulation will occur on day 14. If you want to be sure then keep a menstrual calendar.
- 3 TAKE YOUR TEMPERATURE** You can take your basal body temperature with a special temperature gauge. Even a little rise could mean you are ovulating but you need to chart this for a few months to notice a pattern. It must be done first thing in the morning before you do anything else... and we mean anything!
- 4 MONITOR YOUR CERVICAL MUCUS** Before ovulation there is little or no discharge present. Approaching ovulation, discharge will be moist or sticky and creamy in colour.
- 5 SALIVA OVULATION TESTER** Maybe Baby is a mini microscope that magnifies your saliva to help identify which phase of the menstrual cycle a woman is in. Maybe Baby are giving away six microscopes valued at \$79.95 each. Visit mychildmagazine.com.au and tell us why you'd like to win one.

