

What is the Best Age to Get Fertile

Females are able to get pregnant when they start getting the periods. According to some medical studies the reproductive system of a female is usually active from 12 to 51 years. The pregnancy chances continue till the menopause experience. It becomes very difficult for a woman to ovulate after the menopause and a woman will also be unable to conceive.

A decrease in fertility starts when women get older. It becomes hard for aged women to conceive. If a woman succeeds in getting pregnant but the percentage of pregnancy complications or risks goes higher.

Best Age to Have Kids:

Below are some of the details about the different parts of life when a woman can conceive without facing the complications of pregnancy.

In the 20s:

In a study, the chances of having a baby for a woman are very high when she is in her 20's. The chances of pregnancy are not only at their peak but the risks related to pregnancy are also very low. So it becomes very easy for a woman to get pregnant at the age of 20.

In 20's, a woman can produce high quality eggs, which increases the chances of having a healthy pregnancy. When a woman steps into her 30's the number & quality of eggs tend to decrease.

For different reasons, females are not ready at their 20's to get pregnant. Usually, females don't feel that they are not financially & mentally strong enough to take the responsibility. But if the health of a woman is stable, then the age of 20 is the best to have kids.

In the 30s:

When females fall in their 30's, then their chances of getting pregnant also decreases. After 35, the fertility process speeds up to decrease.

According to research females produce about one million eggs till death and as females get older this number decreases. At the age of 37, females have only 25000 eggs left for the pregnancy. In addition, a woman will experience polycystic ovary syndrome at any age, which is the reason for the decrease in pregnancy chances.

In the 40s:

In the 40's there is sheer decline to get pregnant. In a recent study, there are only seven percent of chances for a woman to get pregnant after three months of trying in their 40's. We have mentioned it previously that the quantity and also the quality of eggs decreases when a woman is at 40. At this point of age, the babies will be born with chromosome issues. The reason for this is that eggs aren't best for pregnancy. Older eggs are also the reason for risky births.