

## Later-Life Pregnancies Can Be Successful With Planning

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**Kelli Daugherty, certified nurse midwife at OSF HealthCare in Urbana, Illinois**

“I would not want anyone to let their age to be a factor in deciding whether or not to have a child. You absolutely can have a healthy, safe, and successful pregnancy and birth over the age of 40 just as you can at the age of 20. It just may be a little more difficult to get there.” (:19)

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**Kelli Daugherty, certified nurse midwife at OSF HealthCare in Urbana, Illinois**

“By age 45, fertility has declined so much that conceiving naturally for most women is not possible anymore.” (:08)

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“You’re definitely going to be at higher risk for multiple pregnancy, twins or triplets for example. The older you get, the ovaries tend to kick out more eggs with ovulation.” (:11)

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“Eat healthy. Stop smoking if you smoke. Don’t drink any alcohol. Don’t use any drugs. Exercise regularly. Get enough sleep. Keep your body at the most optimal health you can to make your chances better.” (:14)

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**Kelli Daugherty, certified nurse midwife at OSF HealthCare in Urbana, Illinois**

“Parents [of an older age] are going to much more financially stable, for the most part, and emotionally stable. You’re going to have more life experiences to build from. And so they may just be in a better place mentally to be parents.” (:15)