



Mayo Clinic Guide to Fertility and Conception

Jani R. Jensen, Elizabeth A. Stewart

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Deciding to start or build a family is a life-changing decision, and, once the choice is made, there's a whole new set of unknowns—including how challenging the journey will be. For the first time, fertility experts at Mayo Clinic offer an essential guide for those who want to have a baby. With color photographs and graphics throughout, this user-friendly yet comprehensive book provides answers and explanations on nearly every aspect of achieving a successful pregnancy: lifestyle and nutrition; the intricacies of natural conception; common fertility problems; the latest medical treatments (including intrauterine insemination, IVF, and donors); and information on special situations (including fertility preservation, chosen single parenthood, same-sex couples, and more).

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