



This week we featured in Cambridge News on the Health supplement. The article goes on to list 'five steps from conception to birth - and beyond'.

One of our lovely fertility nurse specialists, [Kornelia Busova](#), talks about being 'fit for fertility'.

She says "Diet and lifestyle have an important part to play when you're trying to get pregnant. Being overweight or underweight can cause problems getting pregnant. A healthy balanced diet and moderate exercise are always recommended but this is particularly important when you're trying to become pregnant and when you are pregnant. Cutting out alcohol and not smoking are also very important. Other supplements like [folic acid](#) can help."

"We recommend taking a 400 microgram supplement of [folic acid](#) every day while you're trying to get pregnant and up until you are 12 weeks pregnant. This is proven to reduce the risk of your baby having a neural tube defect such as spina bifida."

Our lead consultant, [Dr. Alka Prakash](#), was also featured in the article talking about [assisted conception](#).

She says "We develop the treatments around your needs. Entering the world of [assisted conception](#) can be daunting but we're here to help you understand and talk you through your options. No decision is made without you."

"We find that many couples want an assessment of their fertility before they start trying for a baby to help with planning and expectations. That is why we are now offering a complete fertility health-check to explore both partners' fertility health through diagnostic tests followed by a consultation with me or one of my consultant colleagues and plenty of time to answer any questions you might have."

You can view the whole article by clicking on the PDF link at the bottom of this page.

Monday 2 March 2015