

# The RHO Project

“The Centre For Reproductive Loss is now undertaking a new project, an educational outreach to young people on fertility awareness.”

“There is no denying the need for such a project, in an age when so many adolescents and young adults are putting their health and future fertility at risk by their sexual behavior.”

*Catherine Ferrier, M.D., CCFP, FCFP, (Montreal, Quebec)*

**brochure credits:** Kathleen Gray, Anne Lassance, Lucia Del Pilar Diaz, Christopher Gray.

Donations to the Centre, a non-profit charitable organization, in support of the RHO Project are tax deductible.

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# Reproductive

# Healthcare

# Options

Are you ready to face the truth about...



## FERTILITY FACTS

In many cases of infertility the cause is unknown.

Other cases may be due to secondary infertility, pre-existing medical or genetic conditions as well as environmental and occupational hazards.

Infertility may also be related to the consequences of lifestyle.

While there are reproductive healthcare choices that can protect fertility, there are other choices that can jeopardize it, such as smoking, substance abuse, poor nutrition, delayed child-bearing, sexually transmitted diseases, some birth control measures and abortion, to name just a few.

Pregnancy is not a disease.

FERTILITY, the ability to conceive and reproduce offspring, is something most people take for granted. The sad truth is not everyone can conceive or reproduce children.

Today 1 in 6 couples is having fertility difficulties. Of these cases 40% is due to male infertility.

INFERTILITY is a major life stressor and devastating reproductive loss which can lead to depression. Of the women struggling with infertility, it has been reported that one in five such women is clinically depressed.

.fertility



"Hopes and Dreams"

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The findings of a survey on how families are conceptualized point to this conclusion: "The traditional family with its two parents and one or more children continues to be by far the most widely recognized family form."

(*The Future Families Project*, Reginald W. Bibby)

Most young adults expect to find a mate, marry and have children. Yet, for many of them, the realization of this expectation may be more difficult to achieve than for others.

This outcome may largely depend upon the reproductive healthcare options they choose, beginning in their teen years. Young people need to become aware that their fertility and their chances for parenthood are being threatened - often by their very own choices.

"Imagine a world with no children and no future."

*The Children of Men* (book jacket cover)



## What is the RHO Project?

Given the global problems of declining fertility and the falling birthrate, \* the Centre for Reproductive Loss has created the Reproductive Healthcare Options (RHO) Project, an educational outreach program in the area of reproductive healthcare.

This project aims to educate young people in caring for their reproductive health; to generate public awareness of those factors affecting fertility and those factors preventing infertility; and to raise environmental consciousness about fertility as a vital resource that needs to be honoured, respected and protected.

\* Phillip Longman. *The Empty Cradle: How Falling Birthrates Threaten World Prosperity and What To Do About It*. New York, Basic Books, 2004.

"The loss of a pregnancy or the recognized loss of fertility often causes profound psychological distress for individuals and families and has a significant impact on our healthcare system."

"In my view, any professional and credible effort to avoid the trauma associated with reproductive loss would be very welcome indeed."

Stephen Genus, M.D., FRCSC, DABOG  
(Edmonton, Alberta)

"Why that baby can't wait"

"Delaying pregnancy can cause problems down the road."

"While fertility remains stable until age 30, it begins to decline significantly thereafter. Moreover, the incidence of miscarriages also increases dramatically with age."

"(T)here is a definite argument for not delaying pregnancy beyond the ideal years. I am concerned that couples do not always consider these factors when balancing their lifestyle goals with their future intentions to have children. I emphasize the word 'couple' because this is not just a woman's issue. In fact, there is evidence to suggest that the incidence of some genetic diseases increases with late paternal age."

Dr. Yoel Abells, *National Post*, March 12, 2008, p. B9