

Desire for children & sexuality

- Roughly 6 million German men and women between the ages of 29 and 50 are unintentionally childless [1]. Every 7th couple fails to conceive right away [2].
- Healthy couples have a 25 per cent chance of conceiving. Fertility generally starts to decline from the age of 30 onwards.
- Medical professionals define infertility as the inability to conceive after more than 12 months' unprotected sex. On average, healthy couples conceive after roughly 4 months of unprotected sexual intercourse.
- The reasons for infertility are evenly split between the two sexes and lie at around 30 per cent in men and women respectively. In a further 30 per cent, the reasons lie with both sexes, and in 10 per cent, there is no identifiable cause [1].
- Infertility can be caused by an unfavourable lifestyle (stress, alcohol, smoking, being overweight or underweight) or by being too old. Other reasons are organic problems (abnormalities, adhesions, cysts and/or myomas, undescended testicles), hormonal abnormalities or inflammation and/or infection [3].
- In approx. 20-25 per cent of all couples trying for a baby, too acidic a pH in the vagina is a co-factor for them failing to conceive. On a woman's fertile day, the pH in the vagina should lie within the alkaline range, i.e. between 7 and 7.5.
- With a pH of 4-5, conventional lubricant gels are too acidic for conception and also hamper sperm motility. Prefert Vaginal Gel has the ideal pH, i.e. 7.2, and reduces the osmotic barrier for sperm on their way to a woman's eggs.
- Ahead of vibrators and dildos, lubricants are the most commonly used sex aids in Germany. More than 60 per cent of all German men and women have used a lubricant at some point in time. [5]

- When a man ejaculates, roughly 350–400 million sperm are released. Only 500–700 of these sperm manage to find their way to a woman's eggs. The ideal „working temperature“ for the testicles lies at 32 degrees Celsius. [3]
- A woman is fertile on roughly 2 days of her cycle: on the day of ovulation and on the day before, sperm can, in rare cases, survive for up to 5 days in the cervical canal. From the moment she is born, a woman produces approximately over half a million eggs. [3]
- On average, Germans want to have sex almost five times a week – but only do it twice [4].

[1] <http://www.zeit.de/wissen/gesundheit/2013-03/ungewollt-kinderlos-infografiken>

[2] Study by the Berlin Institute for Population and Development

[3] http://www.frauenaeerzte-im-netz.de/de_unfruchtbarkeit-ursachen_833.html

[4] <http://de.statista.com/statistik/daten/studie/260/umfrage/haeufigkeit-von-sexueller-lust-und-oder-geschlechtsverkehr-in-deutschland/>

[5] <http://de.statista.com/statistik/daten/studie/2358/umfrage/genutzte-hilfsmittel-und-spielzeuge-beim-sex-nach-geschlecht/>