

Janet Jackson confirms high-risk pregnancy at age 50

By Sunny Pepper | May 10, 2016

Less than two weeks before her 50th birthday, celebrity icon Janet Jackson is pregnant. The famous sister of Micheal Jackson recently put a pause on her "Unbreakable" tour and will soon welcome her first child. The news puts Jackson among a list of other A-list celebrity moms who have either taken on the journey of trying to conceive or have conceived over the age of 35.



According to the Mayo Clinic, the benchmark for a high-risk pregnancy is the "advanced maternal age...for mothers age 35 and older." With Jackson hitting 50 years old on May 16, she's definitely in the higher-risk percentile, but she's not alone.

Actress Tina Fey became pregnant at age 40 with her second child, beating slim odds with a 5% chance of becoming pregnant naturally. Fey had both her youngest daughter Penelope, 4, and eldest daughter Alice, 10, with husband, Jeff Richmond, now 55 years old.

"I get up to go to the bathroom and study myself in the mirror," Fey wrote in her memoir *Bossypants*. "Do I look like someone who should be pregnant? I look good for 40, but I have the quaggy jawline and hollow cheeks of a mom, not a pregnant lady. It's now or never. This decision can't be delayed."

Singer Mariah Carey shares a similar story after struggles trying to conceive in her late 30's with then husband Nick Cannon. After enduring a series of miscarriages in 2008, Carey confessed to daily acupuncture sessions and multiple sources cited Carey turned to fertility drugs as her pregnancy cure of choice. In April 2011, Carey gave birth to twins.

While Jackson, Fey and Carey took the plunge and made it to the other side of their high risk pregnancies, it's debated whether older Hollywood moms are setting an unrealistic precedent for real world moms who may not be able to conceive naturally at the same age without costly fertility treatments. According to Forbes, each IVF attempt costs "about \$20,000," with a 40% chance the procedure will be successful.

According to fertility expert, **Dr. Hal Danzer**, celebrities who are open about their struggles and victories in getting pregnant after miscarriage assist real women in realizing they aren't alone and aren't failures.

While he recognizes the "highly personal nature" of the process and understands the motive for "choosing to keep it private," he says that real women witnessing only the end result to pregnancy journeys after 35 can be deceiving.

"There are some women who find it easy to get pregnant when they're 44, but that's the exception," Dr. Danzer says. "A lot of women are going to struggle after age 35." Read more about celebrity fertility secrets and how one celebrity mom is becoming an advocate for transparency when it comes to the struggles for getting pregnant after age 35 here.

<http://www.examiner.com/article/janet-jackson-confirms-high-risk-pregnancy-at-age-50>