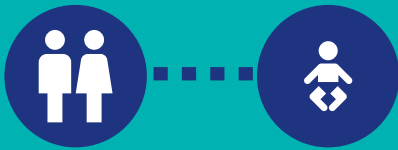


## What is fertility?

Fertility is the ability to achieve a pregnancy and have a child.

Infertility is when there is no pregnancy after 12 months or more of trying.



## Male fertility

Fertile men produce about 100 million sperm per ejaculate and they are fertile from puberty until old age.

Some lifestyle factors can affect the health of sperm:

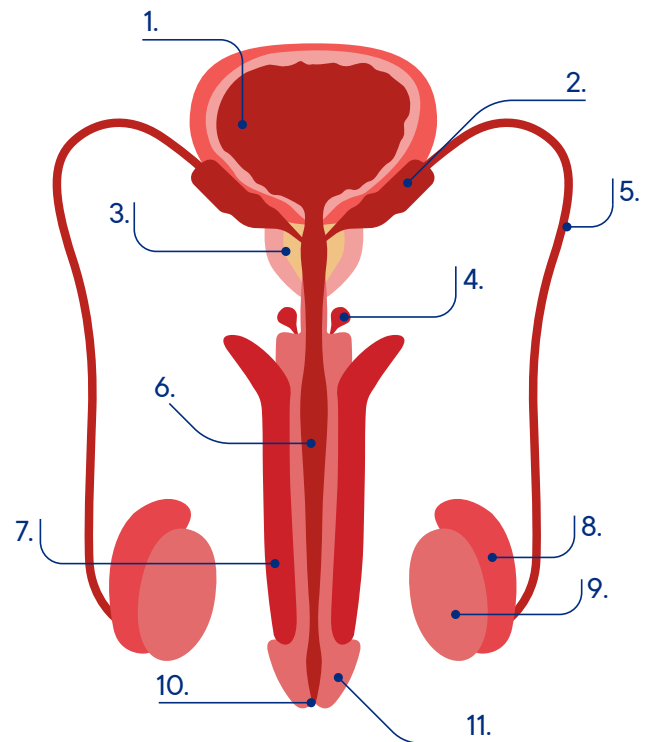
- Obese or overweight males have fewer healthy sperm
- Smoking, alcohol, vaping and anabolic steroids reduce fertility
- Environmental chemicals can affect the quality of sperm

## Male infertility

Male infertility affects many individuals and couples trying to conceive. It is a condition where a man has a lower chance of making his partner pregnant. It usually depends on the quantity and quality of his sperm. In male infertility, there may be no or few sperm in the ejaculate or the sperm may be unhealthy.

There are many causes of male infertility, including:

- Varicocele: Swelling of the veins that drain the testicle
- Some infections can cause scarring that blocks the passage of sperm
- Problems with ejaculation
- Tumours including testicular cancer
- Hormone imbalances
- Chromosomal abnormalities and birth defects
- Testicular cancer may lead to infertility



- |                        |                      |
|------------------------|----------------------|
| 1. Bladder             | 7. Penis             |
| 2. Seminal vesicle     | 8. Epididymis        |
| 3. Prostate            | 9. Testicle          |
| 4. Bulbourethral gland | 10. Urethral opening |
| 5. Ductus deferens     | 11. Foreskin         |
| 6. Urethra             |                      |

## Diagnosing male infertility

Diagnosis starts with a medical history and physical examination, followed by tests such as:

- Semen analysis to check on the quantity and quality of sperm
- Blood test to check for hormone levels
- Genetic tests to check for chromosomal or genetic problems that can affect fertility

## Treatment options

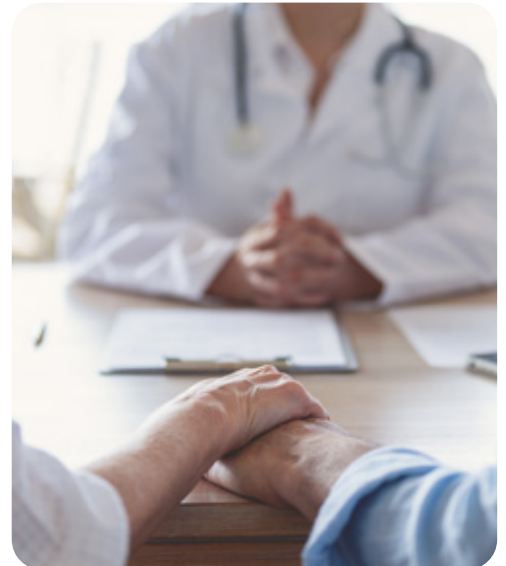
Treatment for male infertility depends on the cause and might include:

- Medication and hormone treatments: for hormonal imbalances
- Surgery for conditions like varicocele
- Assisted Reproductive Technologies (ART) such as in vitro fertilization (IVF) and intracytoplasmic sperm injection (ICSI) where eggs are fertilised in the laboratory to create embryos that are transferred to the woman's uterus

## The effect of age on male fertility

The health of sperm declines after the age of 40. Males over 40 have:

- Fewer healthy sperm
- Increased risk of their partner miscarrying
- It takes longer for their partner to get pregnant



## Can male infertility be prevented?

The short answer is no, but here are some things you can do to take care of your fertility if you want to have children now or in the future:

- Eat healthy food
- If you smoke or vape, stop
- Keep alcohol consumption low
- Be physically active
- Maintain a healthy weight

