

# MALE FERTILITY INFORMATION SHEET



## YOU'RE IMPORTANT TOO.

You may not have given much thought to the health of your sperm until trying to conceive is taking longer than you thought.

**One in six** couples in the UK will experience fertility issues and 50% of those cases will be because of poor sperm health.

It is a pretty wide assumption that men produce millions of sperm every day. However, you may not know that it takes between **two and three** months for sperm to mature.

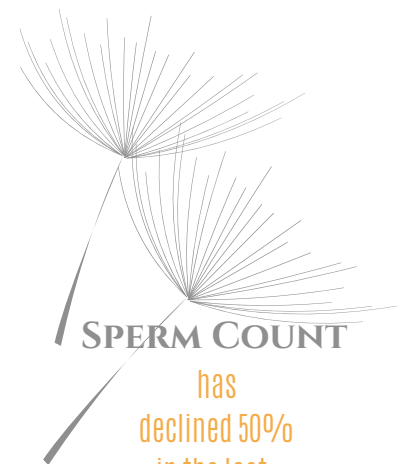
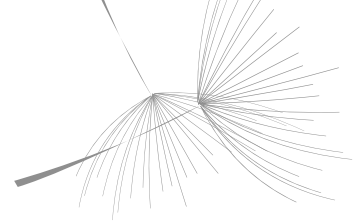
Men are faced with challenges too and often there is little to no support for you to discuss how it may be feeling, and where and what to do next.

This is why I have created an information sheet to help take some pressure off with advice and tips.

If there is no other medical factor as to why sperm may be impaired then there are a few simple ways in which you can take control, and help improve your sperm health.

### SPERM FACT

it takes around  
2-3 months  
for sperm to mature



### SPERM COUNT

has  
declined 50%  
in the last  
40 years.

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## YOU'RE A PRIORITY TOO

### HOW CAN YOU MAKE THOSE CHANGES?

- **QUIT THE CIGS**

Lighting up the nicotine has no benefits whatsoever to the health of sperm. It is toxic and can do damage.

- **CUT BACK ON THE PROCESSED FOODS.**

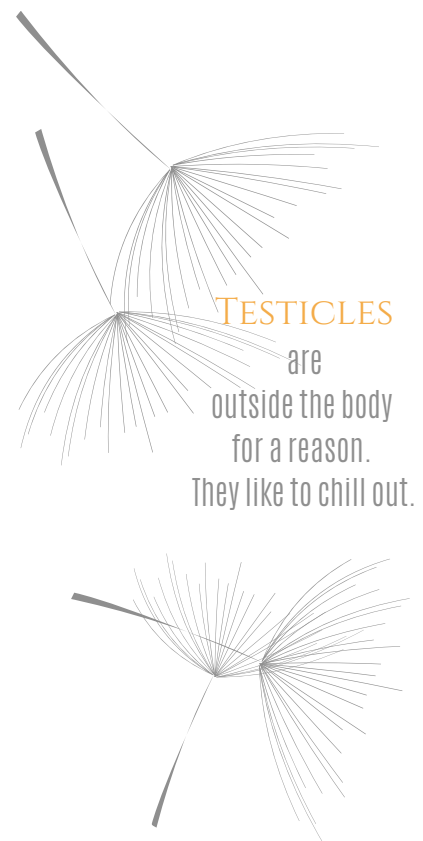
Change the burger, fries, pizza, red meat, and kebabs for a diet of lean meats, fish, seafood, vegetables, fruits, nuts, and seeds.

- **REDUCE HEAT.**

Heat can again have a negative impact on sperm production. **Testicles** like to be cool that is why they are outside of the body reducing or changing some simple everyday routines will help to keep them cool and happy.

- **Tight underwear.**
- **Laptop overuse.**
- **Saunas, hot tubs, and baths.**

It's essential to help keep them cool and avoid situations that involve long periods of heat.





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## YOU'RE A PRIORITY TOO

### HOW CAN YOU MAKE THOSE CHANGES?

- **STRESS**

High levels of **stress** can have a negative impact on the production of healthy sperm. learning how to reduce stress in one's life can help.

- **Delegate your workload.**
- **Learn to say NO more often.**
- **improve on your sleep.**
- **Try a new therapy**

Acupuncture and other therapies can be really helpful for managing the negative effects that stress brings to the body.

- **ALCOHOL**

I'm not suggesting that you clear out the wine cellar. Relaxing after a hard days work with a glass of your favourite tippie may be beneficial for stress, however, if you find that your reaching for the **alcohol** most days then i recommend reducing your intake and if you wish to knock it on the head entirely then that's great.



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## YOU'RE IMPORTANT TOO.

### MEDICAL INVESTIGATIONS & TESTS.

The initial test that a GP will usually offer you is a semen analysis test.

this test will look at the

- Sperm count (how much sperm?).
- Morphology (are they a healthy shape?).
- Motility ( are they swimming and how?)

The semen analysis is a good starting point when checking the health of sperm, however, it doesn't check the quality of the sperm and only looks to the outside of the sperm and not what is going on the inside of each individual sperm.

Some clinics are now offering the **DNA fragmentation** test which looks inside of the sperm, unlike the semen analysis test that looks at the outside of the sperm.

The **sperm comet** test can be invaluable in helping to determine the level of damage.

if you have had both tests and they have poor outcomes you may want to consider speaking with a urologist or an andrologist both specialise in general men's health and male reproductive health.

if you have read through this sheet and would like more information and support then please get in touch.  
We are happy to help.

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