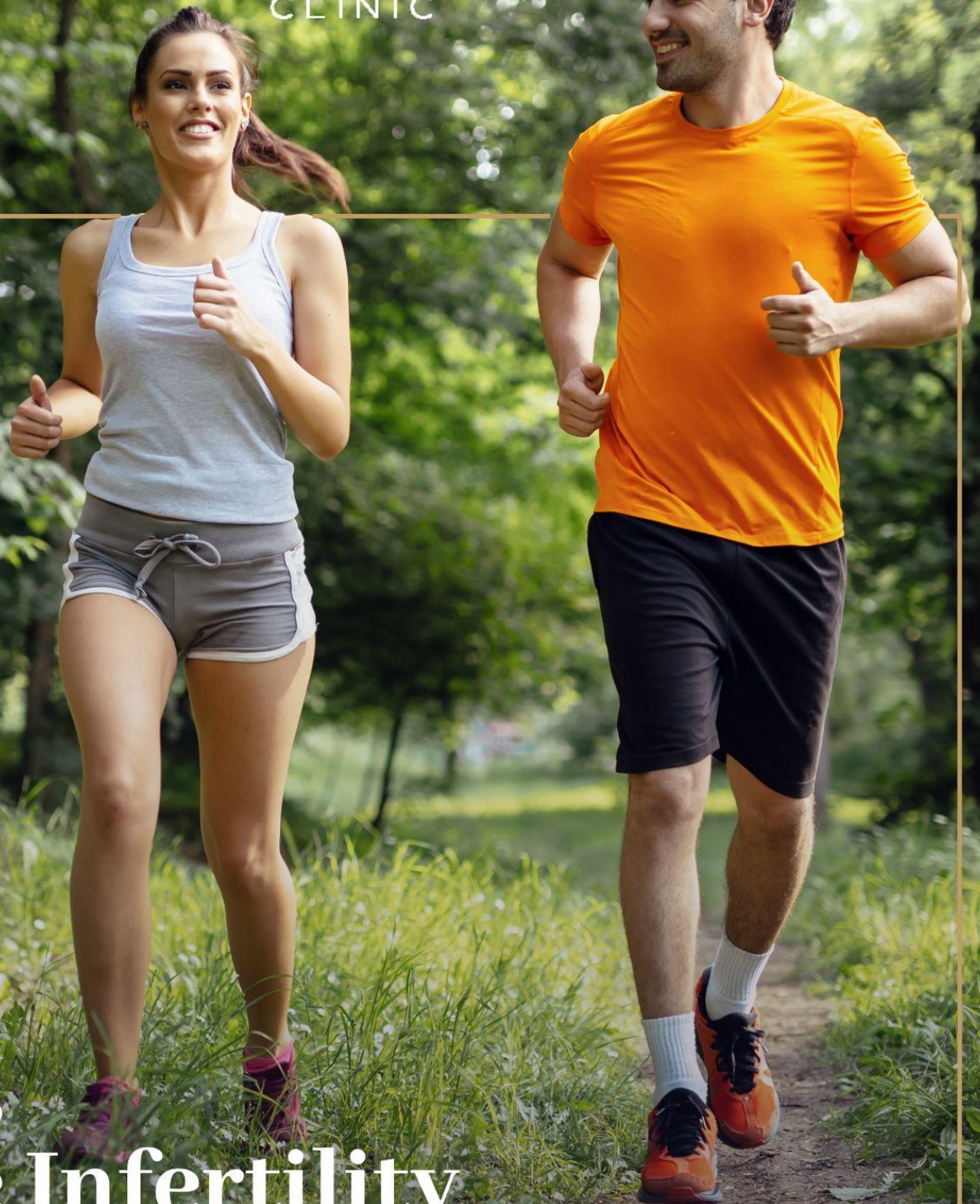


MANITOBA
MEN'S HEALTH
CLINIC



A GUIDE TO

Male Infertility & Lifestyle

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Lifestyle and Male Infertility.

WHAT YOU NEED TO KNOW

Understanding Male Infertility

Male infertility is more common than you might think. It's defined as a couple's inability to conceive after a year of regular unprotected intercourse. In Canada, infertility affects nearly 1 in 6 couples, which is about 15% of them. **Interestingly, male factors can contribute to up to 50% of these cases.** However, it's important to recognize that fertility can vary significantly among individuals, and some may face more significant challenges in this regard than others.

When should a couple be evaluated?

After 12 months or more of regular unprotected vaginal intercourse. Early evaluation and treatment is warranted after 6 months when the female partner is older than 35 due to age-related decline in fertility

Fertility FAQs

- ~80% of couples will conceive in the first 6 months of attempting pregnancy
- Fertility is decreased by about half at age 40 compared with women in their late 20s and early 30s
- Male fertility does not appear to be appreciably affected before the age of ~50
- “Fertility window” is defined as the 6-day interval ending on the day of ovulation. Reproductive efficiency is highest when intercourse occurs every 1-2 days during the fertile window
- Use of a fertility-awareness method (i.e. ovulation kits) has been shown to increase the probability of conceiving

Optimizing Natural Conception

Taking Control – Can Lifestyle Changes Help?

While the causes of male infertility can be complex and varied, there are some lifestyle factors that you can consider to potentially improve your fertility:

Diet: A balanced and nutritious diet plays a crucial role in overall health, including reproductive health. Consider incorporating foods rich in antioxidants, vitamins, and minerals into your diet. These nutrients can help support sperm health. Examples include fruits, vegetables, whole grains, lean proteins, and foods high in omega-3 fatty acids like salmon and walnuts.

Women should take folic acid supplement (at least 400 ug daily) to reduce risk of neural tube defects

Supplements: Some supplements, such as *folic acid*, *zinc*, and *Coenzyme Q10* may improve sperm quality. However, it's essential to consult with a healthcare professional before adding any supplements to your routine, as excessive intake can have adverse effects.

Exercise: Regular physical activity is generally beneficial for overall health. This includes a combination of endurance and resistance based training.

Sleep: Quality sleep is crucial for your overall well-being, including your reproductive health. Aim for 7-9 hours of restful sleep per night to support your body's natural processes, including sperm production.

Smoking: Smoking has been linked to reduced sperm count and motility, as well as DNA damage in sperm. If you smoke, quitting can significantly improve your fertility potential.

Alcohol: Excessive alcohol consumption can negatively impact sperm production and function. If you choose to drink alcohol, do so in moderation. Alcohol abuse is also associated with impairment in male sexual function.

Caffeine: Excessive caffeine intake may impair sperm. It's best to limit it to moderate consumption (less than 5 cups a day).

Cannabis: Results suggest that increased cannabis consumption may reduce sperm counts and motility.

These lifestyle changes are not guaranteed to solve infertility issues, but they can contribute to overall reproductive health and increase your chances of conception. It's essential to remember that male infertility can have various underlying causes, and addressing lifestyle factors is just one part of the equation. If you're concerned about your fertility, it's advisable to consult with a healthcare professional or a fertility specialist who can provide personalized guidance and recommendations based on your specific situation.

In addition to lifestyle modifications, various medical treatments and interventions are available for male infertility, depending on the underlying causes. Seeking professional advice and assistance is the first step towards addressing fertility concerns and exploring appropriate solutions.

Men's Health Clinic — where every step leads to a vibrant, fulfilling life.