

A Closer Look at Male Infertility

1 in 8 couples has infertility problems, or trouble conceiving a child after one year of unprotected sex. Both men and women contribute to infertility.



TOP CAUSES OF MALE INFERTILITY:

- Varicocele (varicose veins in the scrotum)
- Use of testosterone supplements
- Illness, injury, and lifestyle choices
- Problems with semen, such as abnormal size and shape, low sperm count, or slow sperm
- Hormone abnormalities



THE GOOD NEWS:

Nearly 90% of the causes of male infertility can be treated by a specialist.



COMMON TREATMENT OPTIONS:

- Varicocele repair
- Hormone treatments
- Procedure to find sperm (67%–99% successful)
- Lifestyle modifications
- Vasectomy reversal (85%–90% successful)



WHAT YOU CAN DO:

- Stop smoking
- Limit alcohol consumption
- Maintain a healthy weight
- Exercise regularly



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