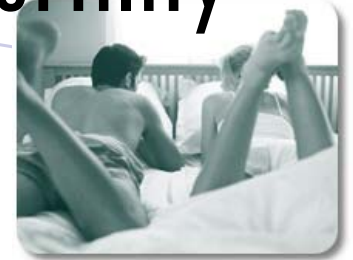




# Male Factor Infertility



- more sperm.*
- ⊃ *You may need to take antibiotics to clear up an infection.*
- ⊃ *You may need treatment to help with ejaculation problems.*
- ⊃ *You may need surgery to treat a problem with the testicles or a blockage in the tubes that carry sperm.*

You have some other choices for treatment:

- ⊃ *If your sperm count is low, you can collect sperm at different times. Then your sperm can be placed in your partner's body when her egg leaves the ovary.*
- ⊃ *You can use sperm given by another man.*
- ⊃ *Your sperm and your partner's egg can be put together in the lab. Then the growing egg can be put in your partner's body. This procedure can cost a lot though, and it does not always work.*

You should know that all this can be hard for you and your partner. It can help to get counseling.



## What can be done to help prevent infertility?

There are many things you can do to lower your chances of being infertile.

- ⊃ *Use latex condoms when you have sex. This helps prevent the diseases that people get from having sex. These diseases often cause problems later on.*
- ⊃ *Have sex only with your partner.*
- ⊃ *Do not drink alcohol.*
- ⊃ *Do not use street drugs.*
- ⊃ *Stay away from chemicals that can hurt you, like herbicides and pesticides.*
- ⊃ *Stay out of hot tubs.*
- ⊃ *Wear boxer shorts instead of jockey shorts.*

Information contained in this booklet is meant for informational purposes only and should not substitute the visit to your doctor nor his/her advice for your health care.

Accuracy of the content is current to the date of printing.

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## What is infertility?

Infertility is when a couple has had sex without using birth control for 1 year and no pregnancy has happened. It can be caused by problems in a man's or a woman's body.

## What is the cause of infertility in men?

Most often, a man is not able to get a woman pregnant because his body makes too few sperm or no sperm at all. This can happen for many reasons. For example, you may have a medical problem:

- ⊃ *You may have a genetic disorder.*
- ⊃ *You may have a medical illness, such as diabetes.*
- ⊃ *You may have had mumps when you were a teen or adult.*
- ⊃ *You may have problems with your hormones.*
- ⊃ *You may have had an infection that caused your tubes to be scarred.*

You may have other problems that affect how many sperm you have.

- ⊃ *You may have been around toxic chemicals or radiation.*
- ⊃ *You may take long hot baths or use a hot tub often.*
- ⊃ *You may use street drugs or tobacco, or drink too much alcohol.*

- ⊃ *You may have had a severe injury to the testicles.*
- ⊃ *You may wear jockey shorts.*
- ⊃ *You may have sex too often (every day).*

Your sperm may not be formed right. They may not be able to swim the right way or may not live long. This may happen because:

- ⊃ *Your testicles are swollen.*
- ⊃ *The veins in your scrotum are twisted or swollen.*
- ⊃ *Your testicles may not have grown the right way.*

Sometimes the problem may be getting the sperm into your partner's vagina:

- ⊃ *You may ejaculate too soon.*
- ⊃ *Your semen may go back into your bladder.*
- ⊃ *You may not keep an erection.*
- ⊃ *You may have had surgery or a medical treatment.*

Some medicines such as high blood pressure medicines, or lubricants used during sex, may also cause fertility problems.

Men also become less fertile as they get older.

## How can I find out what is wrong?

You and your partner will have thorough exams. You both will be asked questions about:



- ⊃ *your sexual history and whether there have been pregnancies before*
- ⊃ *your medical history*
- ⊃ *your use of drugs and alcohol*
- ⊃ *how often you have sex*
- ⊃ *any surgery on your sex organs.*

You may also have these tests:

- ⊃ *A test of your semen. This checks how many sperm you have and how healthy they are.*
- ⊃ *Blood tests. These tests check for infections, disease, and hormone levels.*
- ⊃ *An exam of fluid from your penis to check for infections.*

## How is it treated?

If your doctor finds a problem that makes it hard for you to get a woman pregnant, he or she will give you treatment for the problem.

You may need to do one or more of the following:

- ⊃ *You may need to keep your sperm cool. Don't take long, hot showers. Stay away from hot tubs and saunas.*
- ⊃ *Wear boxer shorts rather than jockey shorts.*
- ⊃ *Stop using lubricants during sex.*
- ⊃ *Not have sex every day.*
- ⊃ *You may need to take hormones.*
- ⊃ *You may need to take drugs to help you make*

