

Debunking the Myths: Top 5 Facts Men Should Know About Male Infertility



Myths about male infertility are varied and widely believed. If you're trying to become a parent, do you believe having sex daily with your partner will increase your odds of conception? Are you convinced boxers will boost your sperm production? Maybe you think difficulty conceiving is related to a female fertility problem.

The reality is that out of all cases, infertility can be due to the woman, the man, or a combination of the two. In fact, 1 in six couples have problems conceiving, and male infertility makes up about 50% of all infertility cases. However, most men don't go in for a noninvasive diagnosis until their partner has had extensive evaluations. Male comprehensive tests, including hormonal testing, semen analysis, and testicular ultrasounds, are painless and straightforward.

Here are some other facts that debunk other common myths. How many of them do you know?

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Daily intercourse will not improve the odds of conception

Most people believe that the more you try, the higher the odds of becoming pregnant. The truth is you should look at the timing. A man's sperm can live for 48 to 72 hours inside a woman's reproductive tract. For those trying to conceive timing intercourse to match a woman's fertile window, the five to six days before ovulation, is vital

Boxers or briefs? It doesn't matter!

The choice of underwear doesn't affect male fertility. Research has shown that while the testicles need to stay a few degrees cooler than the body's core temperature for proper sperm production, wearing snug underwear doesn't seem to have much impact. On the other hand, experts recommend staying out of hot tubs to avoid unnecessary heat exposure.

Not all men have sperm in their semen

An absent sperm count affects approximately 1% of the male population. There may be a problem even if the ejaculate looks normal since most of the ejaculated fluid isn't sperm. The best way to know for sure is to have a semen analysis, or sperm count, to test the health and vitality of the sperm. Testing is simple and painless and there are treatment options if a problem is diagnosed.

Age can affect your sperm

While men can still procreate well into their later years, their sperm numbers decline along with their testosterone. Also, research has found older sperm can contribute to conditions like autism and schizophrenia in children who are conceived after their father turns 50.

Self-exams and check-ups are important for male fertility

Examining your scrotum monthly not only helps you identify the early stages of testicular cancer but also possible varicoceles, enlarged veins in the scrotum that can cause future infertility. A yearly check-up with a urologist can keep you better informed about your reproductive health as well.

Although some causes of male infertility are out of your control, it is important to live a healthy lifestyle with good nutrition, exercise, and lower stress. By doing so, you will have a head start in addressing all the aspects of male fertility that you do have control over.

Kindbody cares about making your dreams of parenthood come true. If you are struggling with male infertility, you are not alone. Comprehensive tests, including hormonal testing, semen analysis, and testicular ultrasounds, are painless and straightforward. Kindbody offers you a team of compassionate doctors and state-of-the-art testing and treatment options to help you along your unique fertility journey.

Take control of your fertility health and contact us today to schedule a consultation!

