

# Male Fertility

## HOW TO IMPROVE YOUR FERTILITY NATURALLY

Male infertility is caused by several factors, some of which (for example smoking, frequent hot baths) may be corrected by simple measures. The information in this flyer is based on sound scientific evidence. The flyer is designed to provide men planning to become fathers with some simple, useful advice on how to improve their fertility. However, the information in this flyer should be used as a guide only. Treatment advice specific to your situation should be sought from your doctor.

### A HEALTHY LIFESTYLE

The initial evaluation of the infertile male includes a complete history (medical & surgical), a physical examination and at least two complete semen analyses. The evaluation is designed to uncover the possible etiology or cause of the infertility. Regardless of the cause, adopting a healthy lifestyle can help optimize testicular function and male fertility potential. Regular exercise, a well-balanced diet and adequate sleep are important to maintain overall health and testicular function. Avoiding exposure to gonadotoxins (substances or drugs that are harmful to the testis) or other harmful conditions will help maximize sperm quality. The following measures may help maintain and possibly improve sperm quality:

1. **Avoid potentially harmful social habits** (e.g. cigarette smoking, excessive alcohol consumption, recreational drugs)
2. **Avoid activities that elevate testicular temperature** (e.g. saunas, whirlpools, hot baths, prolonged sitting)
3. **Avoid potentially harmful medications or supplements.** (Review your medications or supplements carefully with your doctor)

# A GUIDE FOR PATIENTS

## ANTIOXIDANT VITAMINS AND MINERALS

A number of studies have demonstrated a beneficial effect of several key antioxidants (vitamins and minerals) in the treatment of male infertility. Several controlled studies have shown that oral antioxidants can improve sperm count and quality, and, increase a couple's chances of conception. Recently, studies have also shown that combination antioxidants may improve the quality of the sperm DNA, an aspect of sperm function that has importance in natural and assisted reproduction (insemination and in vitro fertilization).

We recommend that men take daily antioxidant vitamins for at least 3 to 6 months based on the observation that these agents can in some cases improve fertility potential and that the adverse or side effects of such vitamins are minimal. The following oral antioxidants (alone and in combination) have shown positive effects on sperm count and quality: vitamin C, vitamin E, folic acid, zinc and selenium.

### Selected References:

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Zini et al, J Assist Reprod Genetics, 2009.

FOR MEN



Fertil-Pro is a vitamin and mineral supplement approved by Health Canada and designed to enhance male fertility potential.

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