

ALL ABOUT SPERM

**Knowledge is Powerful on the Path to Conception
More Knowledge. More Empowered. More Successful.**

Male Factor Infertility accounts for 1 in every 3 cases of infertility presented.

Women are born with all the eggs they will ever have. Men on the other hand continue to produce sperm throughout their lives.

The testicals store the sperm and make several million sperm per day, about 1500 per second.

3 Common Factors affecting Sperm Health:

- **Sperm Count:** Sperm count measures the **number** of sperm in 1 ml of semen.
- **Sperm Motility:** relates to **movement**, that is, how many sperm are moving.
- **Sperm Morphology:** looks at the **shape** of the sperm. Sperm should have long tails and oval shaped heads.

Did You Know?

It is the Sperm cell and not the female egg cell that determines the sex of the baby.

If trying to conceive, waiting a few days between ejaculations can increase the chances of conception as the sperm count builds up in the testicals for a single ejaculation. This is also observed for IVF when the male partner will be advised to abstain from ejaculation a few days before the sperm sample is required for the IVF egg fertilization.

FACT!

From head to tail a human sperm cell measures about 50 micrometers, 0.05mm or 0,002 inch. Sperm cannot be seen by the unaided eye without a microscope.



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INFLUENCING SPERM HEALTH

It takes about 60 days for a sperm cell to grow into a mature sperm capable of fertilizing an egg. This is an exciting window of **opportunity to regenerate** up to 8 billion sperm produced over a 60 day cycle to sperm maturity. Because the body is producing fresh sperm cells everyday and sperm is newly replenished every 64 days, sperm health can, in many cases be improved.

Preventable Male Infertility Causes

Lifestyle can play a very important role in the health of sperm and includes:

Obesity:

Obese men are 42% more likely to have a low sperm count and 81% more likely to produce no sperm (Harvard School of Public Health HSPH.) Even being overweight versus obese may lower sperm count. A healthy weight is recommended. Use a BMI online calculator to measure your BMI which should be between 18.5 to 24.9 to be considered "normal." A BMI of 25 to 30 is considered "overweight" and greater than 30 is obese.

Smoking Cigarettes:

Smoking is detrimental to sperm health. Male smoking is associated with decreased IVF success rates and may even increase miscarriage rates.

Drug Use:

Various drug uses may be an important cause of poor sperm health including the use of anabolic steroids, marijuana smoking, opioid drugs and cocaine. Your Doctor will discuss any prescription drugs that may interfere with sperm health.

Poor Nutrition:

The dietary factors that can influence male fertility are of importance and often overlooked. In the *Conception Mindset Program* we look at Male Infertility & Lifestyle Factors and specifically the nutritional needs of men for optimal sperm health and high fertility potential.

Of prime consideration is that, because new sperm are constantly being produced, a change in lifestyle can considerably result in better sperm health and improve the chances of conception.