

## Understanding Male Infertility

Male infertility refers to a man's inability to cause pregnancy in a fertile female. This condition affects many men worldwide and can be due to various factors, including hormonal imbalances, physical problems, lifestyle choices, or genetic conditions.

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### Symptoms and Signs

- **Low Sperm Count:** Having fewer sperm than normal in the ejaculate.
  - **Sperm Abnormalities:** Poor sperm motility or morphology.
  - **Sexual Dysfunction:** Issues such as erectile dysfunction or premature ejaculation.
  - **Hormonal Imbalances:** Low testosterone or other hormonal disorders.
  - **Pain or Swelling:** In the testicles or around them.
  - **Other Signs:** Reduced facial or body hair, indicating chromosomal or hormonal abnormalities.
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### Causes of Male Infertility

- **Medical Causes:**
    - Varicocele (enlarged veins in the scrotum)
    - Infections (e.g., STIs)
    - Ejaculation issues
    - Antibodies that attack sperm
    - Tumors
    - Hormone imbalances
  - **Environmental Causes:**
    - Exposure to heavy metals, chemicals, or radiation
    - Overheating of the testicles (e.g., frequent use of saunas or hot tubs)
    - Prolonged bicycling
  - **Lifestyle Causes:**
    - Substance abuse (alcohol, tobacco, drugs)
    - Emotional stress
    - Obesity
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### Diagnostic Procedures

1. **Semen Analysis:** Evaluates sperm count, motility, and morphology.
  2. **Blood Tests:** Check hormone levels.
  3. **Imaging:** Ultrasound to examine the scrotum.
  4. **Genetic Tests:** Identify potential genetic causes of infertility.
  5. **Testicular Biopsy:** Evaluate sperm production.
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## Treatment Options

### *Shock Wave Therapy*

- **How It Works:** Uses low-intensity shock waves to improve blood flow to the testicles and enhance sperm production.
- **Benefits:** Non-invasive, increases sperm quality and count.

### *Nutraceuticals*

- **How It Works:** Supplements with vitamins, minerals, and antioxidants to improve sperm health.
- **Examples:** Zinc, selenium, folic acid, Coenzyme Q10.
- **Benefits:** Enhances overall sperm quality and reduces oxidative stress.

### *Lifestyle Changes*

- **Healthy Diet:** Balanced intake of nutrients, avoiding processed foods.
- **Regular Exercise:** At least 30 minutes, 3 times a week.
- **Stress Management:** Techniques such as yoga, meditation, or counseling.
- **Adequate Sleep:** 6-8 hours per night.
- **Avoiding Toxins:** Reduce exposure to harmful chemicals and radiation.

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## Male Fertility Assessment Questionnaire

**Purpose:** This questionnaire helps assess male fertility and determine if basic semen analysis or advanced assessments are needed.

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### Fertility History

1. **How long have you and your partner been trying to conceive?**
  - Less than 6 months
  - 6 months to 1 year
  - 1 to 2 years
  - More than 2 years
2. **Have you fathered a child in the past?**
  - Yes
  - No
3. **Is this your second or subsequent marriage?**
  - Yes
  - No
4. **Has your current partner had a successful pregnancy with a previous partner?**
  - Yes
  - No
5. **Has your partner undergone any fertility testing?**
  - Yes
  - No
6. **Have you or your partner had any pregnancies that ended in miscarriage?**
  - Yes

- No
  - 7. Have you or your partner undergone any abortions?**
    - Yes
    - No
  - 8. Are you aware of any genetic disorders or baby malformations in your family history?**
    - Yes
    - No
  - 9. What is your current age?**
    - Under 30 years
    - 30-39 years
    - 40-49 years
    - 50 years and above
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### **Sexual Health and Risk Factors**

- 10. Do you have any history of sexually transmitted infections (STIs)?**
    - Yes
    - No
  - 11. Do you experience any sexual dysfunction (e.g., erectile dysfunction, premature ejaculation)?**
    - Yes
    - No
  - 12. Do you have a history of urological surgeries or conditions (e.g., varicocele, undescended testicle)?**
    - Yes
    - No
  - 13. Have you been exposed to any known environmental or occupational hazards (e.g., radiation, toxins)?**
    - Yes
    - No
  - 14. Do you smoke or use recreational drugs?**
    - Yes
    - No
  - 15. Do you consume alcohol frequently (more than 3 drinks per week)?**
    - Yes
    - No
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### **Lifestyle and Health**

- 16. Do you exercise regularly (at least 30 minutes, 3 times a week)?**
  - Yes
  - No
- 17. Do you maintain a healthy diet with a balanced intake of nutrients?**
  - Yes
  - No
- 18. Do you experience high levels of stress in your daily life?**
  - Yes

- No
19. How many hours of sleep do you get on average per night?
- Less than 6 hours
  - 6-8 hours
  - More than 8 hours
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## Assessment and Scoring

### Scoring Instructions:

- **Fertility History:** 1 point for each "Yes" except for questions 4 and 5 (no points for these).
  - **Sexual Health and Risk Factors:** 1 point for each "Yes".
  - **Lifestyle and Health:** 1 point for each "No" in questions 16 and 17, and 1 point for each "Yes" in questions 18 and 19.
  - **Age:** 1 point for each category (e.g., 1 point for "30-39 years").
  - **Total Score:** \_\_\_\_\_ / 20
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### Results:

- **0-6 Points:** Low Risk - Basic semen analysis is recommended to assess fertility. Advanced testing may not be necessary at this time.
  - **7-13 Points:** Moderate Risk - Basic semen analysis is necessary. Depending on the results, advanced assessments might be considered.
  - **14-20 Points:** High Risk - Comprehensive fertility assessment including advanced tests like DNA Fragmentation Index (DFI), Reactive Oxygen Species (ROS), Acrosin Activity, and Annexin V tests is highly recommended.
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## Next Steps

If you scored 7 or higher, we recommend scheduling a free counselling with the Ankur Urja team to discuss your problem and determine the best course of action for your fertility assessment.

### Contact Us:

Your proactive approach to your health is essential for your well-being. Don't wait seek advice and explore effective treatments today!

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**Male Fertility Clinic** - Committed to Your Health and Well-Being