AFRICA REPRODUCTIVE CARE SOCIETY

Merck Foundation

Merck Foundation 'More Than a Father'

Fertility is a Shared Responsibility

BE STRONGER TOGETHER

Infertility affects Men and Women equally.

GET TESTED WITH YOUR WIFE
SUPPORT YOUR WIFE

Infertility is *not* a stigma

For Men, although most causes of infertility are not preventable, the combination of keeping healthy and avoiding environmental toxins may help



Avoid drugs, stop smoking and limit your alcohol intake-factors which may contribute to male infertility[1][2]







Avoid high temperatures
as this can affect sperm production and motility. Although this effect is usually temporary,avoid riding motorbikes, hot tubs and steam baths - instead use showers and wear loose pants [3]



Avoid exposure to industrial and environmental toxins
such as paints and pesticides which may damage and impact sperm production[4]



Exercise regularly[5]





Eat a balanced diet, and maintain a healthy weight

Obesity is directly related to testosterone levels, which is a key hormone responsible for sperm production[6] Eating a balanced diet provides the necessary nutrients to optimize sperm function and minimize the effects of factors which may otherwise damage the sperm[7]

SHARE THE TREATMENT JOURNEY TOGETHER

1. Gaur DS, Talekar MS, Pathak V. Alcohol intake and cigarette smoking: Impact of two major lifestyle factors on male fertility. Indian J Pathol Microbiol 2010;53:35-40
2. Practice Committee of the American Society of Reproductive Medicine. Diagnostic evaluation of the infertile male: a committee opinion. Fertil Steril 2015;103:e18-e25.
3. Sharpe RM. Lifestyle and environmental contribution to male infertility. British Medical Bulletin 2000; 56(3): 630–642
4. Oliva A, Spira A, Multigner L. Contribution of environmental factors to the risk of male infertility. Hum Reprod2001;16(8):1768-76.
5. Maleki BH, Tartibian B. High-intensity exercise training for improving reproductive function in infertile patients: a randomized controlled trial. J Obstet Gynaecol Can 2017;39:545–58.
6. Practice Committee of the American Society of Reproductive Medicine. Obesity and Reproduction: a committee opinion. Fertil Steril 2008;90:S21-9.
7. American Society of Reproductive Medicine. Optimizing male fertility fact sheet [internet]; 2016 [cited 2020 Jan 9]. Available from: https://www.reproductivefacts.org/globalassets/rf/news-and-publications/bookletsfact-sheets/english-fact-sheets-and-info-booklets/optimizing_male_fertility_factsheet.pdf

#MenToo #NoToInfertilityStigma

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Fertility is a Shared Responsibility

BE STRONGER TOGETHER

Infertility affects Men and Women equally.



- **Infertility does not just affect women[1]**
- **About half of the causes of infertility are due to, or include male factors[1]**
- **Infertility is one of the commonest conditions affecting reproductive age group between 20 and 45 years[2]**

GET INFORMED **GET TESTED WITH YOUR WIFE** **SUPPORT YOUR WIFE**

The following healthy tips may help:



Avoid drugs, stop smoking and limit your alcohol intake- factors which may contribute to male infertility[3][4]







Avoid high temperatures
as this can affect sperm production and motility. Although this effect is usually temporary,avoid riding motorbikes, hot tubs and steam baths - instead use showers and wear loose pants[5]



Avoid exposure to industrial and environmental toxins,
such as paints and pesticides which may damage and impact sperm production[6]
Exercise regularly[7]



Exercise regularly[7]





Eat a balanced diet, and maintain a healthy weight
Obesity is directly related to testosterone levels,which is a key hormone responsible for sperm production.[8]
Eating a balanced diet provides the necessary nutrients to optimize sperm function and minimize the effects of factors which may otherwise damage the sperm[9]

SHARE THE TREATMENT JOURNEY TOGETHER

Infertility is NOT a STIGMA

1. Miyamoto T, Tsujimura A, Miyagawa Y, Koh E, Namiki M, Sengoku K. Male infertility and its causes in human. Adv Urol. 2012;2012:384520.
2. American Society of Reproductive Medicine. Defining infertility fact sheet [internet]; 2014 [cited 2020 Jan 9]. Available from: https://www.reproductivefacts.org/globalassets/rf/news-and-publications/bookletsfact-sheets/english-fact-sheets-and-info-booklets/defining_infertility_factsheet.pdf
3. Gaur DS, Talekar MS, Pathak V. Alcohol intake and cigarette smoking: Impact of two major lifestyle factors on male fertility. Indian J Pathol Microbiol 2010;53:35-40.
4. Practice Committee of the American Society of Reproductive Medicine. Diagnostic evaluation of the infertile male: a committee opinion. Fertil Steril 2015;103:e18-e25.
5. Sharpe RM. Lifestyle and environmental contribution to male infertility. British Medical Bulletin 2000; 56(3): 630–642.
6. Oliva A, Spira A, Multigner L. Contribution of environmental factors to the risk of male infertility. Hum Reprod2001;16(8):1768-76.
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