

# Download File PDF Male Infertility

#Jenny



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Cool! I'am really happy

#Markus Jensen



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#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

**MEN'S HEALTH**

## A Closer Look at Male Infertility

One in eight couples has infertility problems, meaning trouble conceiving a child after one year of unprotected sex. Both men and women contribute to infertility.

**TOP CAUSES OF MALE INFERTILITY:**

- Varicocele (enlarged veins in the scrotum)
- Use of testosterone supplements
- Illness, injury and lifestyle choices
- Hormone abnormalities
- Problems with semen, such as abnormal size and shape of sperm, low sperm count or slow sperm

**THE GOOD NEWS:**  
Nearly **90%** of the causes of male infertility can be treated by a specialist.

**COMMON TREATMENT OPTIONS:**

- Varicocele repair
- Hormone treatments
- Procedure to find sperm [67-95% successful]
- Lifestyle modifications
- Vasectomy reversal [85-90% successful]

**What you can do to take care of your sperm:**

- Stop smoking
- Limit alcohol
- Maintain a healthy weight
- Exercise regularly

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