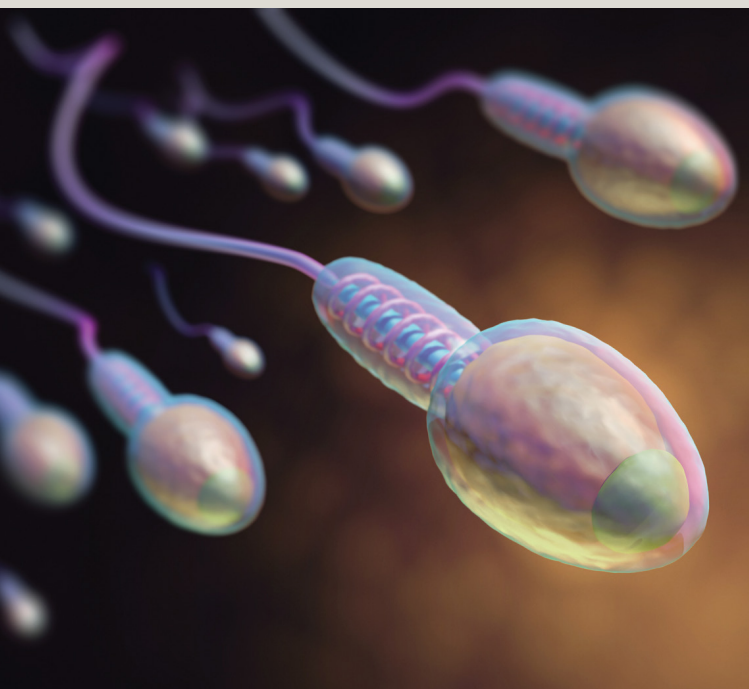


Sperm Health

What You Need to Know



CITY FERTILITY CENTRE
your partners in life

For almost a generation there has been an emphasis on needing super fast “Formula 1 sperm” to make a baby, with the theory that the first sperm to reach the egg must be the best quality. However, we are now aware that a good sperm count and motility, does not necessarily mean good quality sperm.

What is Spermatogenesis?

Spermatogenesis or the process of maturing sperm occurs in cycles, taking roughly 3 months, with several hundred million sperm reaching maturity daily. This is important to understand because what you eat, drink and your general health prior conception or fertility treatment can make a difference to the quality of the sperm produced on the day.

What factors affect sperm quality?

The most common factors recognised as having a negative effect on sperm quality are:

- Diet
- Lifestyle choices e.g. smoking, alcohol, recreational drugs
- Medical conditions e.g. obesity, diabetes
- Environmental factors e.g. exposure to chemicals, toxins, heat
- Recent illness (prior, during or after 3 months of treatment) resulting in high fevers
- Body Mass Index (BMI)
- Age
- Genetics

These factors put a large strain on the body, whether they cause changes to the hormone balance in the testes, or filter through the bloodstream, supplying a contaminated food source to developing sperm cells.

This can result in harmful free radicals being produced which attack otherwise healthy molecules and can lead to poor quality sperm being produced.

Poor sperm health has been linked with:

- Reduced fertilisation rates
- Poor embryonic development
- Miscarriage
- Birth defects
- Other conditions e.g. autism and cancer

So how do we reduce free radical damage?

Positive healthy changes to diet and lifestyle, with the support of antioxidant nutritional supplementation.

Antioxidants have been shown to support the body by helping to neutralise free radicals, preventing them from further damaging the tissues of the body. There are many sperm health supplements on the market containing antioxidants so look for products with the following for best results:

SUPPLEMENT	FOUND NATURALLY	COUNT	MOTILITY	DNA QUALITY	FERTILISATION	ANTI-SPERM ANTIBODIES
Zinc	Shellfish, oysters, seafood, lean meats, wheat germ, spinach, pumpkin and squash seeds and cashews	✓	✓	✓		✓
Vitamin C	Strawberries, citrus fruits, acerola cherries, papaya, kiwi fruit, green leafy veggies, brussel sprouts, broccoli, capsicum and tomatoes		✓	✓		
Vitamin E	Dark leafy greens, almonds, shellfish, sunflower seeds, broccoli, avocados, olive oil, pumpkin, and kiwi fruit		✓	✓	✓	
Folic Acid	Dark leafy greens, asparagus, broccoli, citrus fruit, papaya, strawberries, beans, peas, lentils, avocados, seeds and nuts	✓		✓		
Selenium	Brazil nuts, oysters, tuna, whole wheat bread, seeds, lean meats, chicken and turkey, mushrooms, whole grains like rye, oatmeal, brown rice and quinoa		✓	✓	✓	
CoQ10	Fatty fish like salmon, tuna and sardines, in addition to beef and poultry and spinach	✓	✓			
Vitamin D	Cod liver oil, fatty fish, mushrooms, fortified cereals, tofu, caviar, dairy products and sunshine	✓		✓	✓	
Magnesium	Dark leafy greens, nuts and seeds, mackerel, bean and lentils, whole grains, brown rice, avocados, low fat dairy, bananas, dried fruit (especially figs) and dark chocolate		✓			

Conclusion

In summary, sperm health is as equally as important as female health, however, many partners fail to see the importance of their contribution. Healthy diet and lifestyle changes in addition to nutritional supplementation have been proven to increase fertilisation and blastocyst development. However, this all must be commenced at least 3 months prior to conception or fertility treatment. This will ensure that the best quality DNA is being passed on for generations to come.

Where to Now?

I want more information

- Contact our Fertility Advice Team or
- Book a 15 minute nurse chat

I'm ready to take the next step

- Book an appointment with us
- Get a referral to City Fertility Centre for a semen analysis from your GP

New fertility patient referrals are guaranteed an appointment within 10 working days, with the first available specialist.

Contact Us

Call 1300 354 354

Email contactus@cityfertility.com.au

Visit cityfertility.com.au

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