

## Smoking and Infertility

### CAN SMOKING AFFECT MY ABILITY TO HAVE A CHILD?

Yes. Smoking can increase the risk of heart, lung and vascular disease. It can also lead to problems with fertility, such as delayed time to conception.

### CAN IT AFFECT THE SUCCESS OF FERTILITY TREATMENT?

Yes. Studies show that smoking can significantly reduce the chances of a successful pregnancy for those going through fertility treatment.

### DOES SMOKING AFFECT SPERM?

Yes. Smoking can reduce sperm quality, with fewer sperm, less motility (ability of sperm to swim), and more abnormally shaped sperm.

- Decreases chance of successful cycle by over 40%
- 3 x higher rate of Intracytoplasmic sperm injection (ICSI) failure than non-smokers
- 4 x higher risk of not conceiving during a cycle if over 5 years of smoking

### I SMOKE, BUT MY PARTNER DOESN'T. WILL THIS AFFECT THEIR FERTILITY?

Yes. Studies show that passive smoking is only slightly less harmful for fertility than active smoking. It can also increase the time it takes to get pregnant.

### WILL SMOKING AFFECT MY CHILDREN?

- Smoking during and after pregnancy is harmful to unborn and existing children
- Smoking damages genetic material in sperm
- Miscarriage and birth defect rates are higher among parents who smoke

- Children whose parents smoke are at increased risk of sudden infant death syndrome (SIDS) and asthma
- Smoking increases their risk of developing childhood cancer because of DNA damage to sperm

### THE GOOD NEWS?

It's estimated that most of the harmful effects on fertility are reversed a year after stopping smoking.

Did you know that if you stop smoking for 3 months you can:

- improve sperm count
- improve sperm motility
- decrease the proportion of non-motile and dead sperm

### ARE YOU READY TO QUIT SMOKING?

Giving up smoking can be very difficult, but studies show success is much higher if you work with your healthcare provider or a support group.

### SERVICES AND LINKS

Quitline 0800 778 778

Aukati kai paipa [www.aukatikaipaipa.co.nz](http://www.aukatikaipaipa.co.nz)

[ReproductiveFacts.org](http://ReproductiveFacts.org)

[www.yourfertility.org.au](http://www.yourfertility.org.au)

### References

- Alvarez, S. (2015). Do some addictions interfere with fertility?. *Fertility And Sterility*, 103(1), 22-26.
- "Fact Sheet" - Smoking and Infertility.
- [ReproductiveFacts..org](http://ReproductiveFacts..org)
- [www.yourfertility.org.au](http://www.yourfertility.org.au)