

## Sperm fertility issues

Learning that you have a sperm-related issue can be unexpected, and it's normal to feel emotional or uncertain. However, know that you are not alone as such issues are relatively common. Below you will find information on related statistics, how to interpret your Semen Analysis and what you can do to support healthy sperm.

### THE STATS

- One in three males experience some kind of reproductive or sexual health problem
- One in five couples with fertility issues have a sperm related problem
- One in 20 people have low numbers of sperm in their ejaculate
- One in 100 people have no sperm in their ejaculate
- One in eight males with infertility have a treatable condition

*You may still get pregnant naturally with low quality Semen Analysis results, but we advise to seek fertility treatment at the first instance.*

### WHAT A NORMAL SEMEN ANALYSIS RESULT LOOKS LIKE

The table below outlines the 2021 World Health Organisation criteria we use to assess semen, along with the normal ranges for each parameter.

• Semen volume	≥1.5mL
• Sperm concentration (Number of sperm)	≥16 million/mL
• Total sperm motility (Swimming forward and twitching)	≥42%
• Progressive sperm motility (Swimming forward)	≥30%
• Normal morphology (Sperm shape)	≥4%
• Anti-sperm antibodies (Your immune system response to your sperm)	<40%

*It is normal for the quality of semen samples to change from day to day even for people who have a normal Semen Analysis.*

### WHAT YOUR SEMEN ANALYSIS MAY LOOK LIKE

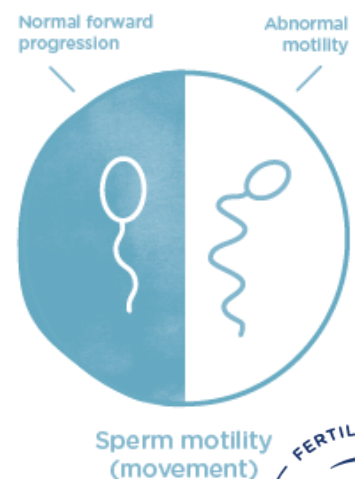


Image adapted from [healthymale.org.au](http://healthymale.org.au)



## YOUR GENERAL HEALTH MATTERS

Low sperm quality issues may be related to other underlying health problems such as having:

- A fever from cold, flu or infection
- Irregular testosterone levels
- Steroid use or hormone therapy e.g. testosterone
- Sexually transmitted infections (STIs)
- Past surgery to move testes into the scrotum
- Cancer

*If you think you may have underlying health conditions, discuss this with your GP or fertility specialist.*

## WHAT YOU CAN DO TO SUPPORT HEALTHY SPERM

Here are some helpful tips to improve your sperm health.

Although it takes three months to produce sperm in the testes, any positive changes you make can still have an impact.

- Eat well, sleep well and look after yourself
- Your age affects your sperm quality so don't leave things too late
- Keep a healthy weight range
- Cut back on alcohol, cigarettes, vaping
- Reduce how much cologne you wear (synthetic chemicals can disrupt hormones).
- Exercise regularly
- Keep your laptop off your lap
- Limit exposure to nasty chemicals and use PPE
- Keep your testes cool – avoid tight fitting underwear and prolonged heat to your groin
- Some medications and recreational drugs are harmful to sperm, so check with your doctor

## FURTHER INFORMATION AND SUPPORT

### Information

- To learn more about how to make positive lifestyle that helps prepare you for fertility treatment, visit our website: <https://www.repromed.co.nz/fertility-treatments/preparing-for-treatment/>
- For more information about Semen Analysis, see our FAQs at: <https://www.repromed.co.nz/semen-analysis-what-it-is-why-its-important-and-what-to-expect/>
- For evidence-based, easy to understand male health information visit: [healthymale.org.au](http://healthymale.org.au)

### Support

At Repromed, our highly experienced counselling team are here to help you with your individual fertility journey. To learn more about your services and get in touch with our reception to book your counselling appointment, go to: [repromed.co.nz/support/counselling](https://www.repromed.co.nz/support/counselling)

**Dr Amir D. Zarrabi MD, PhD**

*Consultant Urologist & Male Fertility Specialist*

Our consultant male fertility specialist, Dr Amir Zarrabi has further information on his website, at:

[maleinfertility.co.nz](http://maleinfertility.co.nz)

