

Male infertility myths busted

Debunking misconceptions and providing facts for informed fertility decisions

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Myths regarding male infertility can cloud a person's understanding and lead to stigma. Male infertility myths need to be challenged for both knowledge and treatment purposes. In this regard, let's debunk some of the widespread myths of male infertility and discuss the facts behind these.

Common myths

MYTH 1: Infertility is a female problem

An overwhelming majority believe that it is only women who struggle with infertility. This is not true, as male factors contribute roughly 40 to 50 percent infertility cases. This misconception puts unnecessary burden on women and might discourage men from trying to address the issues when they are fertility challenged.

MYTH 2: Age doesn't affect male fertility

While men can father a child at any age as long as they have functioning sperm, aging has some effect on fertility. After age forty, sperm count is usually on the decline and men older than fifty years note considerable decrease in sperm quality and quantity. Older age also increases the incidence of genetic abnormalities in offspring.

MYTH 3: Tight underwear causes infertility

There are many who believe that scrotal temperature is negatively impacted by tight fitting underwear. Although excessive temperatures can have a restricting influence on the rate of sperm production, the influence of this type of clothing is minor as compared to serious factors such as smoking or obesity.

MYTH 4: Lifestyle choices don't matter

Contrary to this myth, lifestyle choices do affect male fertility significantly. Bad habits like smoking, high intake of alcohol, poor eating habits, and being obese are some of the reasons that may compromise sperm health. For example, smoking can result in DNA damage in sperm, while, moderate exercise can enhance the quality of sperm and testosterone levels.

MYTH 5: Male infertility is untreatable

Yet another negative misconception surrounding male infertility is that it has no cure. However, in many cases, a combination of lifestyle adjustment, medical interventions, or reproductive technologies like IVF and ICSI are capable of reversing it. When a patient visits a fertility clinic, treatment is determined by specific factors based on the individual's condition.

Facts

Understanding the facts surrounding male infertility can empower couples facing challenges in conceiving:

Prevalence: Infertility affecting approximately 1 in every 20 men around the world is yet another statistic that proves that male infertility is not something that is rare.

Shared responsibility: The responsibility of infertility should be shared by both partners; factors of both male and female infertility contribute equally in almost every case.

Reversible conditions: Male infertility has multiple attributable factors that are often reversible. For instance, certain hormone imbalance or infections may be basic but treatable causes of male infertility.

Stress impact: Stress has been shown to negatively impact the levels of testosterone and the quality of sperm. Mindful practices or physical exercises can be quite effective in these cases for sustaining and improving the outcomes.

Conclusion

In order to fully understand male infertility, there should be efforts focused on debunking some of the misconceptions surrounding it. By recognizing the facts like infertility is shared and that lifestyle factors have major influence, patients will be more realistic in their expectations when dealing with fertility issues. If you or your partner are struggling to conceive, consulting with a healthcare professional specializing in fertility can provide the necessary support and guidance for effective treatment options.

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