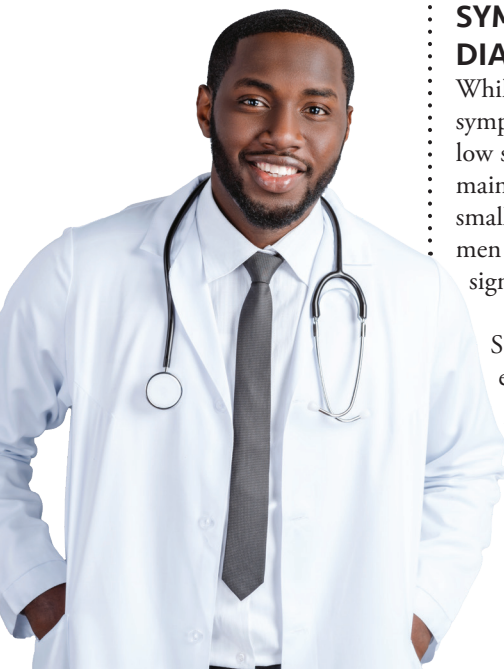




Decoding male infertility

Many couples are affected by male infertility when trying to conceive despite regular unprotected sex.

Decoding male infertility can feel overwhelming, but knowledge is power. With the right support and treatment, there's hope for building your family.



SYMPTOMS & DIAGNOSIS

While often invisible, some symptoms may be present, like low sperm volume, difficulty maintaining an erection, or small testicles. However, many men experience no outward signs.

Semen analysis, a simple examination, is the starting point. Depending on the results, further tests like hormone evaluation or imaging might be needed.

CAUSES

- **Sperm:** Low count, poor motility (movement), or abnormal shape can hinder their journey to the egg.
- **Delivery issues:** Blockages in the reproductive tract can prevent sperm from reaching the egg.
- **Hormonal imbalances:** Testosterone or other hormone disruptions can impact sperm production.
- **Medical conditions:** Genetic disorders, infections, and chronic illnesses can play a role.

TREATMENT

Treatments vary based on the cause. Lifestyle changes, medications, surgery, or assisted reproductive techniques (ART) like intrauterine insemination (IUI) or in vitro fertilization (IVF) may offer solutions.

Early diagnosis and intervention are key. Don't hesitate to seek help from a urologist or fertility specialist.

Remember, it's not your fault. Infertility is a medical condition. Support is crucial. Talk to your partner, family, or support groups – you're not alone in this journey.