

# Male-Factor Infertility & Semen Analysis

## Factsheet

**When discussing infertility the focus is often on female factors, however 30% of infertility is due to male factors alone. After a female's age, male factor infertility is the second most common reason couple may experience difficulty conceiving.**

### Possible causes of male infertility

Many factors can lead to a man becoming infertile. For a small minority there is a significant genetic issue causing poor sperm production such as breaks in chromosomes or parts of the male Y chromosome missing. For others there are hormonal causes, infections damaging the sperm outflow channels or problems with the testis such as testicular cancer or failure of the testis to descend into the scrotum early in life (cryptorchidism).

Several medications can also negatively impact on sperm production and quality however for the vast majority of men no major cause is found. In these cases "lifestyle issues" such as obesity, stress, excessive consumption of alcohol, smoking or exposure to heat can all have an impact on a man's fertility. Sometimes when these lifestyle factors are removed, a man will regenerate healthy sperm after approximately 3 months.

### Determining a man's fertility

The most effective way to assess a man's fertility is via a Semen Analysis. Semen Analysis is also the most common base for all other laboratory male testing and is used to assess the concentration (million/ml), motility (% progressive movement) and morphology (% normal structural appearance) of sperm.

#### **A Semen Analysis\* can give accurate information about:**

**Motility** – how many sperm can swim

**Morphology** – shape of the sperm

**Count** – how many individual sperm in the sample

**Vitality** – how healthy the sperm are and their chance of survival

\*A Semen Analysis requires a referral

### Semen Analysis at a Monash IVF Andrology Lab

Monash IVF have experienced Andrology Scientists at NATA accredited Andrology laboratories at all major Monash IVF locations.

#### **Monash IVF offer 4 x main services within their Andrology Labs:**

- Semen Analysis: measures concentration, motility and morphology
- Anti-Sperm Antibodies: checks if sperm sample contains specific proteins that may attack sperm and damage it or block natural fertilisation
- DNA Fragmentation/Halosperm: measures the level of DNA damage inside sperm
- Semen Freeze: available for preservation purposes

#### **Critical Criteria:**

- The choice of laboratory is critical to having an accurate result for the patient
- Monash IVF containers are scientifically tested in house to ensure that the sample is not harmed by any toxic material
- Ideally 2 semen analysis 2 months apart
- Semen is processed prior to treatment in Assisted Reproductive Technologies

### Results

Results are sent through to referring doctor. Any questions when interpreting results can be directed to 1800 628 533.