



MY *fertility* STORY

IN THE KNOW



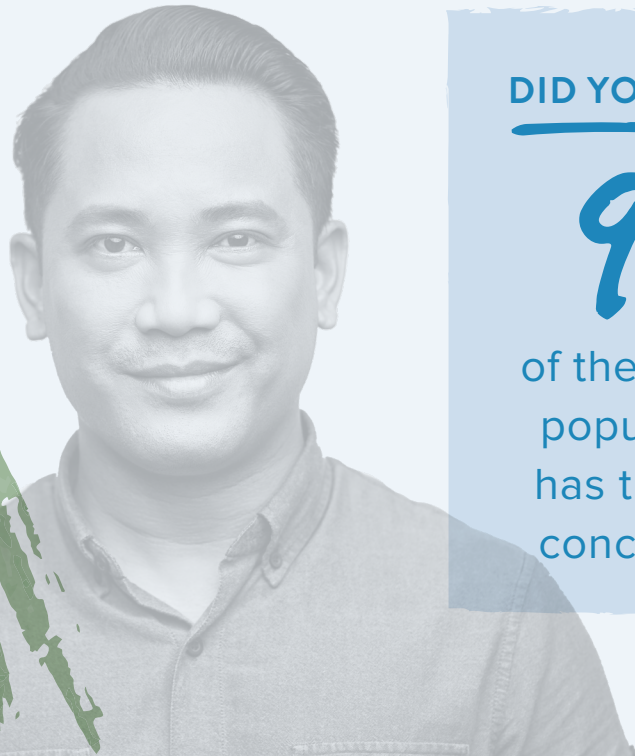
What No One Tells
You About Male Fertility



UNDERSTANDING MALE INFERTILITY

Despite what you may have heard, infertility is not more common in women. In fact, men and women are affected by infertility at similar rates—about one-third of infertility cases are caused by a mixture of problems in both partners or for undetermined reasons.

Still, when reproductive functions fail, it can be difficult to accept. It's important to know that sperm are not simple, and the journey they undertake from ejaculation to fertilization is tough. The following information will help you understand their inner workings, as well as possible causes and treatment options for male infertility.



DID YOU KNOW

9%

of the global population has trouble conceiving

ALL ABOUT SPERM

Sperm are highly specialized cells comprised of a head, where genes are stored, and a tail, which enables movement. Sperm are produced by the testes (testicles), located in the scrotum, and then passed along to the epididymis, an organ that stores and nourishes them as they mature and develop over a two- to three-month period.

During intercourse, sperm combine with fluid from the seminal vesicle and prostate gland to create semen.

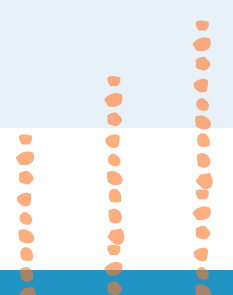
Of the millions of sperm released during ejaculation, only a few hundred get close enough to fertilize the egg—and **only one is needed for fertilization.**

DID YOU KNOW

Sperm can survive **3 to 5 days** inside a woman's uterus

SEVERAL FACTORS PLAY A ROLE IN DETERMINING FERTILITY SUCCESS, INCLUDING:

- SPERM COUNT**
(number of sperm)
- SPERM MOTILITY**
(ability to move)
- FORWARD PROGRESSION**
(quality of movement)
- SPERM MORPHOLOGY**
(size and shape)
- SEMEN VOLUME**
(amount of fluid released)





POSSIBLE CAUSES FOR MALE INFERTILITY

There are various factors that can affect male fertility, leading to suboptimal sperm conditions, sperm production problems, or sperm obstruction problems.

MEDICAL HISTORY



- **Sexually transmitted disease (STD)**
- **Cancer treatment**, including surgery, chemotherapy, or radiation
- **Chronic conditions**, such as high blood pressure or diabetes
- Certain types of **prescription drugs**

LIFESTYLE AND ENVIRONMENT

- **Prolonged exposure to high heat** (eg, hot tubs, whirlpools)
- **Increased scrotal temperature** (eg, prolonged sitting or using a laptop on your lap)
- **Alcohol consumption**, smoking, and use of illegal drugs
- **Lubricants**, including petroleum jelly or vaginal creams, may affect sperm quality



PHYSICAL CHANGES TO THE BODY



- **Age**: male fertility decreases with age
- **Cancer**: a small percentage of patients may have testicular germ cell cancer
- **Varicocele**: the most common cause of male infertility is large veins around the testicles
- **Erectile dysfunction**: the inability to get or sustain an erection

WAYS TO TREAT MALE INFERTILITY

Your doctor may recommend starting treatment after reviewing your medical history and completing a physical exam. This usually includes having a blood and semen analysis, as well as any other tests you might need.

SURGERY AND MEDICINE

- **Minor procedures** to repair varicoceles
- **Reconstructive procedures** to treat blockages of the reproductive tract
- **Hormone therapy** to reverse hormone imbalances
- **Antibiotics** to treat infections of the genital tract



THERE ARE ALSO TREATMENT OPTIONS AVAILABLE TO HELP YOU AND YOUR PARTNER ACHIEVE PREGNANCY:



INTRAUTERINE INSEMINATION (IUI):

the insertion of sperm directly into the uterus near the time of ovulation



IN VITRO FERTILIZATION (IVF):

the fertilization of eggs with sperm in a laboratory to create embryos, which can then be transferred into the uterus



INTRACYTOPLASMIC SPERM INJECTION (ICSI):

the injection of a single sperm into each egg during IVF



Visit [Fertility.com](https://www.fertility.com) or scan the QR code for a full list of possible causes and treatments

PAYING FOR FERTILITY TREATMENT

The cost of fertility services can vary widely, depending on your clinic and the medications used. The good news is that there are many ways to help make treatment more financially accessible.

INSURANCE COVERAGE

If you've heard that insurance doesn't usually cover infertility treatments, that's changing. Many companies are recognizing the importance of fertility assistance and choosing plans that include treatment benefits.

SAVINGS PROGRAMS

Some fertility drug manufacturers offer savings programs to help make treatment more affordable. Program information can usually be found on the drug manufacturer's website.

FINANCING OPTIONS

From nonprofit organizations to your personal assets, there are many options available to help you finance treatment.

\$ CLINIC PAYMENT PLANS

\$ INFERTILITY LOAN PROGRAMS

\$ GRANTS AND SCHOLARSHIPS

\$ EMPLOYER MEDICAL ACCOUNTS

\$ HOME EQUITY LOANS AND TAX DEDUCTIONS

GETTING THROUGH THE STRESS

Trying to start a family can be stressful—especially if you're having trouble conceiving. You may find yourself feeling depressed, anxious, or isolated.

USE THESE TIPS TO HELP GET YOU THROUGH THE TOUGH TIMES:

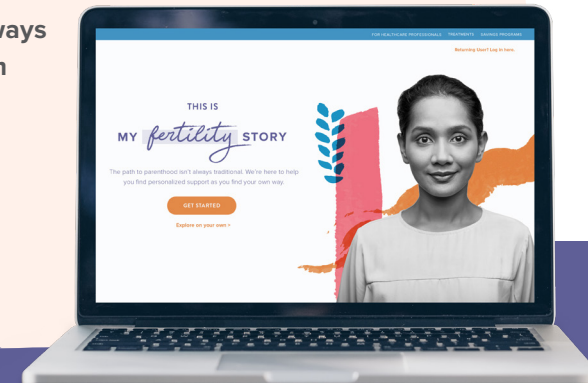


- **Take control** by educating yourself and asking your doctor questions
- Find a way to blow off steam and **release stress**
- **Have the difficult conversation about your feelings** with your partner, family, and friends
- **Get support** from groups, counselors, or organizations

MY FERTILITY STORY IS AVAILABLE 24/7

Helpful information is always accessible at [Fertility.com](https://www.fertility.com)

Find family-building resources, guides to prepare for appointments, and stories from others like you.



Visit [Fertility.com](https://www.fertility.com) or scan the QR code for more ways to afford fertility treatment



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