

# How Feminine Am I

# REMEMBER

# ME

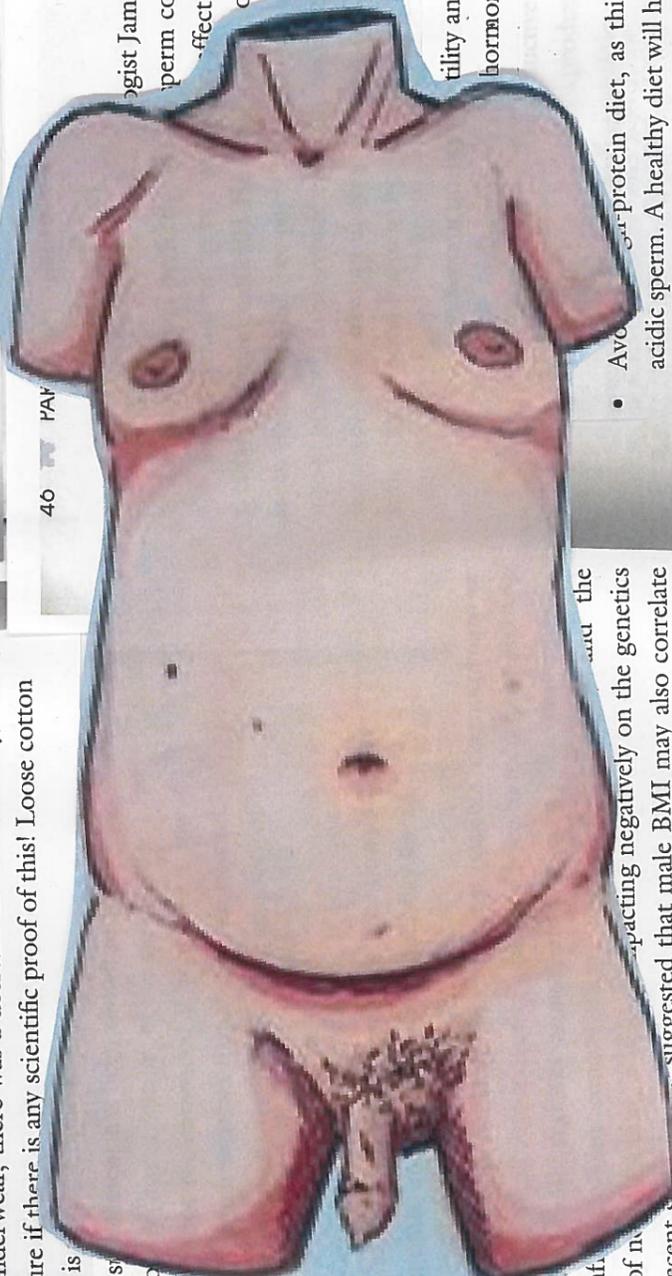
- Do pelvic-floor exercises: imagine you are urinating and trying to stop the flow.
- Wear underwear made from natural fibres such as cotton, as it helps the area to keep cool and 'breathe'. I have heard it said that in the 1970s and 1980s when there was a fashion for tight polyester underwear, there was a decrease in men's fertility, but I am not sure if there is any scientific proof of this! Loose cotton underwear is

Taking an antioxidant supplement may improve sperm morphology. Having too much sex can reduce sperm count, although a few days does not seem to affect couples I see are not having problems with sperm. Sperm quality is important for IVF week throughout the week from day 9 (intended for IVF).

So, be

radiotherapy. Fertility problems are negatively affected by the proportion of normal sperm. Recent studies have suggested that male BMI may also correlate with the outcome of fertility treatment, with a reduction in live births from IVF with increasing BMI and a poorer embryo development rate.<sup>42</sup>

Exercise is good for sperm, but keep it moderate rather than extreme. Physically active men show better semen results than sedentary men.<sup>36</sup>



46 PAV

Dr. James Nicopoulos, we now know sperm counts can have a high level of variability. They affect their chances of getting their sperm to fertilize an egg. Techniques such as ICSI and IVF (intracytoplasmic sperm injection) to inject sperm directly into an egg. Men with varicocele have higher DNA damage; in this scenario

fertility and morphology) and count hormone balance

- Avoid a high-protein diet, as this may contribute to producing acidic sperm. A healthy diet will help; specific nutrients to include are selenium, zinc, vitamins C and E. Zinc is found in oysters, pumpkin seeds, rye, oats, almonds and peas. Selenium is present in tuna, sesame seeds, shellfish, avocados and wholegrains.

Other good foods to include are oily fish, peppers, broccoli, cauliflower, cabbage, spinach, chicken and fish.

- Ginseng supplements improve the blood flow to the penis and

# THE FERTILE MAN