

Causes of problems

with the packaging of the genetic material in sperm cells

Your doctor can examine and treat you for the following:

Leukocytospermia: The semen contains white blood cells.

Diabetes: Diabetes or preliminary stages (hyperinsulinaemia).

Varicocele: Varicose veins issuing from the testicles.

What can you do yourself?

Temperature: The normal temperature in the scrotum is 33.3°C which may be increased for a number of reasons. Avoid hot baths and Jacuzzis. Put your laptop on the table and not in your lap. Turn down your car-seat heater. High fever in connection with e.g. the flu may also give rise to problems.

Smoking: Quit smoking.

Eating habits: Think about what you eat. If your nutrition has a high content of carbohydrates, which will be quickly absorbed by the body (white bread, sugar, soft drinks etc.), this may cause your blood sugar levels to fluctuate. This may also give rise to hyperinsulinaemia (high insulin levels).

Obesity: Eat healthy. If your BMI is above 25, you should perhaps consider a weight loss. A change in your eating habits may both reduce hyperinsulinaemia (high level of insulin) and provide improved packaging of the genetic material in your sperm cells.

Medicine: Many types of medication may be problematic. If you take any medicine, you should inform your fertility specialist. Cholesterol-lowering drugs, drugs for stomach ulcers and anti-depressants ("happy pills") can influence the packaging of the genetic material in the sperm cell. With respect to a number of other types of drugs it is as yet unknown whether they affect the packaging of the genetic material in sperm cells.

Vitamins: In case of vitamin or mineral deficiency, supplements would be an excellent idea. SPZ Lab recommends vitamin C (90 milligrams daily), vitamin E (15 milligrams daily), vitamin D (5 µg daily), folic acid (400 µg daily) and zinc (11 milligrams daily).

Mobile phones: Radiation from mobile phones may give rise to problems for the sperm cells. Therefore, put your mobile in your breast pocket rather than your trouser pocket, when you need to have it with you.

Factors that are not so easily influenced:

Age: Even though you already have children, this is, unfortunately, no guarantee that everything will still be tip top. Generally, men over 40 experience poorer packaging of the genetic material in the sperm cells and, hence, reduced fertility.

The environment: Pollution, pesticides (pest controls) and various chemicals may give rise to problems with the sperm-cell packaging. Always follow the safety requirements when working with chemicals and pest controls. Remember to rinse vegetables and fruit prior to eating it.