

SPERM
Health

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Sperm Health

If your partner has sperm and you are using it for conception, then it's essential that they get their sperm parameters tested as soon as they are able.

In some countries you will need to wait 6-12 months before you can access testing, whereas in other places, you can get a sperm test relatively simply.

A sperm test should be the first fertility testing that you do as a couple as it is not invasive and if there are issues it's just as likely to be a sperm issue as it is an egg/uterus issue.

The great thing about sperm is that it completely regenerates over a three month period so any health-promoting behaviours that your partner undertakes will likely have a positive impact in a relatively short amount of time.

Sperm Test parameters

Concentration The concentration or count tells you how many sperm are in each mL of semen. A normal range is 15 - 200 million sperm per mL of semen.

Motility The motility tells you about their movement and what percent of them are swimming forward. Total motility (all that move) should be between 40 - 81% and Progressive motility (ones that move forward) should be between 32 - 75%.

Morphology The morphology tells you what they look like and what percent are normally shaped. The normal percentage is 4 - 48%.

Volume This looks at how much semen is in the sample. The reference range is 1.5 - 7.6 mL.

Irregular sperm tests show up in 30-50% of cases of fertility issues. Most can be easily treated with health promoting behaviours or medication. Some will require further testing and treatments.

Sperm Health

Evidence based behaviours to improve sperm quality

- 1. A good quality supplement** Find a good quality supplement specifically designed to support male fertility.

For folks in the UK I recommend "Designs for Health: Twice Daily Multi"

For folks in the US I recommend "Naturelo One Daily Multi for Men"
- 2. Keep mobile phone out of trouser pocket** Research shows that regularly increasing the temperature around your testicles can have a detrimental impact on sperm quality.
- 3. Wear loose fitting underwear** This again relates to keeping the testicles at their optimum temperature and reducing as many ways as possible that could contribute to increasing temperatures.
- 4. Increase fruit and vegetable intake** Think about your current intake over a typical week and write down the number (roughly!) Aim to add an additional 1-2 portions over the next week. What would be the easiest way to do that? What would feel most nourishing for your body?
- 5. Think about your sleep patterns** Good sleep is great for sperm health. What does your current sleep look like? Do you get enough hours? Does it have a regular pattern? Do you feel well rested? Are there any small steps you can take to have a better night's sleep?