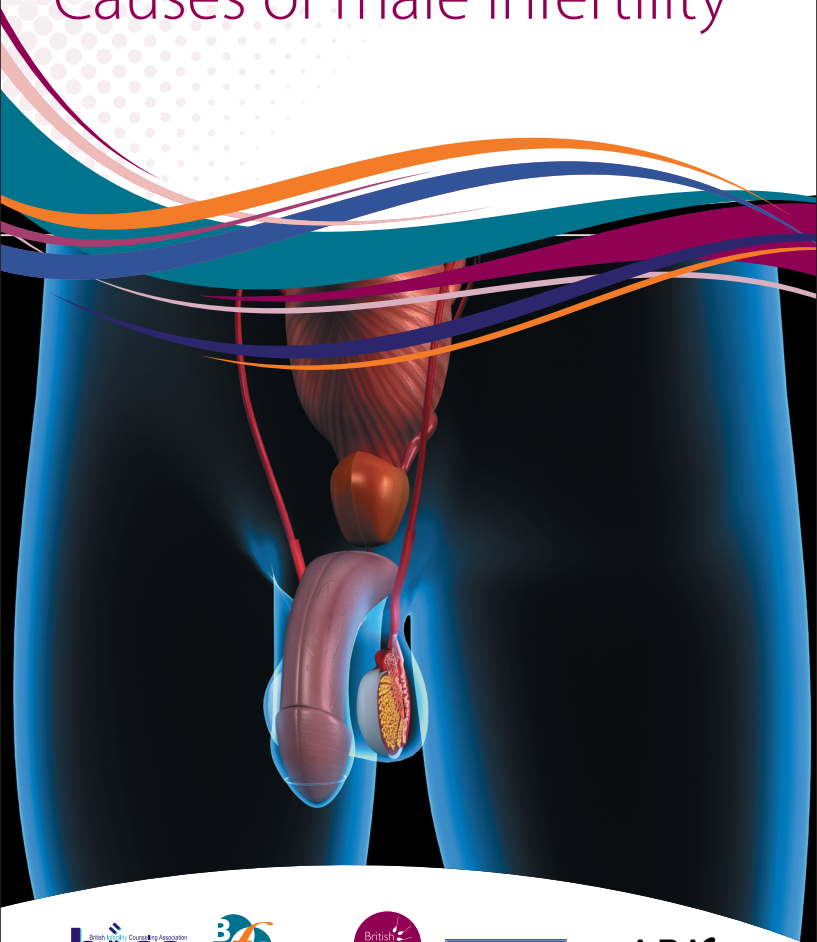


# Causes of male infertility



Male infertility has many causes, from genetic and/or medical abnormalities to lifestyle issues. A man's fertility reflects his general health. Men who live a healthy lifestyle are more likely to produce healthy sperm.

Below are some of the lifestyle choices that can damage a man's sperm and cause male infertility, all of these can reduce both sperm counts and sperm's ability to swim.

- Smoking
- Regular use of marijuana and other recreational drugs
- Chronic high alcohol intake
- Anabolic steroid use and high intensity exercise – can cause testicular shrinkage and reduced testosterone leading to infertility.
- Exposure to environmental hazards and toxins such as pesticides, lead, paint, solvents, radiation and heavy metals
- Regular poor high carb 'fast food' diet with too few vitamins and too much processing can't to protect your sperm from 'free radical' damage
- Stress
- Age

You can't do much about your genes but you can change your lifestyle. Simple changes can improve your chances of having the family you want and put you in control.

Prepared for the UK Professional Fertility Societies The British Andrology Society (Registered Charity Number 115550). If you want more information about male related aspects of fertility visit the patient section of our website at [www.britishandrology.org.uk](http://www.britishandrology.org.uk)