



Infertility means not being able to get pregnant after 6 months to one year of trying without birth control. Male infertility plays a role in about 30–50% of cases and affects around 1 in 12 men.

❑ First Steps: How We Check Fertility

Your urologist will start with:

- A full health and family history
- A physical exam
- A semen analysis
- Hormone labs
- Scrotal ultrasound if indicated

❑ What Causes Male Infertility?

Many things can affect male fertility:

- Problems with the testicles or sperm production
- Hormone imbalances
- Smoking, alcohol, or drug use
- Being overweight
- Prior infections or injuries
- Exposure to chemicals, heat, or radiation
- Age and genetics

It's important to check both partners to find the cause.

❑ Extra Tests (If Needed)

Sometimes more testing is needed, like:

- Sperm DNA testing
- Genetic testing

❑ Treatment Options

Many men can improve fertility with:

- Lifestyle changes (lose weight, quit smoking, eat better, improve sleep quality)
- Medications for hormones or sperm health
- Surgery to fix varicoceles or blockages

Good news: Many causes of male infertility can be treated, and natural pregnancy may be possible.

❑ Emotional Impact

Trying to get pregnant can be stressful. It may also affect your relationship or sex life. Counselling and support groups can help. Don't go through it alone.

❑ When to See a Specialist

You may need an andrologist (a male fertility expert) if:

- You've had no success after treatment
- Your case is complex
- You're considering assisted reproduction (like IVF or ICSI)





Resources

Chirag Dave, MD

About Me

Thank you for choosing me as your doctor. Please watch the video to learn more about me and my practice. I look forward to helping you on your journey to better health.

We Value Your Feedback

If you had a positive experience with your care, we would be grateful if you could take a moment to leave us a 5-star review on Google. Your feedback helps other patients find the support they need and allows us to continue providing excellent care. 🙌



Marietta Clinic

For more information about Advanced Urology or Dr. Chirag Dave, please visit
www.advancedurology.com