

# Fatherhood, not a distant dream



Infertility in modern men is on a rise, with changing lifestyles, food habits and basic health taking a toll. Infertility affects 1 out of every 6 couples. Sperm production in men starts when they hit puberty at the age of 13 or 14. The sperm count in men is significantly high from 20-25 years of age. Fertility is measured according to the numbers and motility of sperm count in the semen. Higher the count, better the fertility. For some men, the sperm count could be very low or nil. Instead of treating infertility, couples get advised to opt for other means of having a kid. Infertility can be treated if diagnosed correctly and provided with the right medication.

There are a lot of myths surrounding the topic of infertility in men. The male reproductive organs grow during one's adolescent age which is when the body undergoes hormonal changes. At this time it is normal to feel attracted to women and even towards people of the same sex. It is a common myth that masturbation is one of the reasons for infertility which is not true.

## Treating Infertility

In some cases, even if the sperm count is normal, the sperm might still lack potential to fertilize with the ovum. This problem can be dealt with the right treatment.

**"Sperm DNA Fragmentation"** is a test that could help to identify the quality of the sperms fertilizing capacity, which is available at Bloom Fertility Hospital. The Quality of sperms can be improved by proper lifestyle changes and appropriate medications. Several advanced treatments like ICSI, PICSI can be used to treat male infertility. However, many hospitals lack infrastructure, we at Bloom Fertility Hospital, Velachery are equipped with state-of-the-art technology that can make your dream of becoming a father come true.



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