

MALE FERTILITY FACTOR – INSTRUCTIONS & EDUCATION

MALE FERTILITY FACTOR:

- if you are seeing me for infertility concerns or for Recurrent Pregnancy Loss, please have your husband complete a semen analysis and a complete medical evaluation, including a physical exam, laboratory testing and imaging, which may uncover other conditions that could be contributing to your infertility as a couple.

SEMEN ANALYSIS (SA):

- a SA should be done as soon as possible, preferably right after your initial NaPro visit.
- detailed information about how to go about doing this can be found [here](#).

PHYSICAL EXAM:

- your husband's physical exam and laboratory testing and imaging should be completed by your 1st or 2nd FU visit with me. The purpose of the physical exam is as follows:
- to ensure normal virilization and normal testicular size.
- to rule out a scrotal mass, such as varicocele, enlarged epididymis and/or any abnormal growth, which could indicate cancer.
- male Infertility doubles the risk for testicular cancer.
- varicoceles (enlarged veins) are present in 4.4% to 22.6% of the general male population. They are present in 21% to 41% in men with primary infertility and present in 75% to 81% in men with secondary infertility.
- varicoceles on the LEFT side are more easily palpated on exam. Whereas, RIGHT-sided varicoceles are often missed.

IMAGING:

- a testicular ultrasound is a very reasonable and worthwhile test to rule out varicoceles for the male who has a partner who has been unable to get pregnant.

LABORATORY TESTING:

- initial Labs that may be considered are a morning testosterone and an FSH, Vitamin D levels, thyroid function tests and baseline health labs such as a complete blood count (CBC) and a comprehensive metabolic panel (CMP).

MEDICAL RECORDS:

- please have your husband's SA results faxed to me a MyCatholicDoctor **FAX # 216-946-5932**.
- be sure that both YOUR name (wife of the male) in on a cover sheet as well as my name.

REFERRAL:

- you may wish to have a consult with [Dr. Craig Turczynski, PhD](#). He is reproductive physiologist (not a medical doctor) with extensive knowledge in reproductive medicine, especially with regard to male fertility.