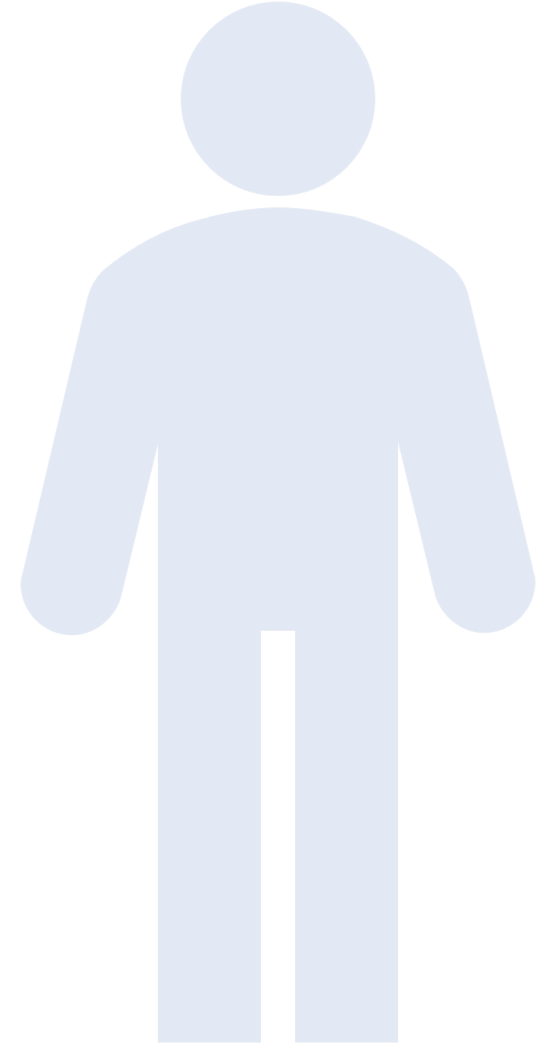


# Male Factor: Review and Update

Interview with Dr. Natan Bar-Chama, MD  
Director of the Center of Male Reproductive Health  
RMA New York and  
Professor of Urology at Mount Sinai School of Medicine



# Dr Bar-Chama



- <https://rmany.com/male-infertility/>
- [@RMAofNY Dr. Bar-Chama](#)
- Instagram: [https://www.instagram.com/nbarchama\\_rmany/](https://www.instagram.com/nbarchama_rmany/)



# Male Factor: Definition and Prevalence

- Infertility affects about 10% of couples
- In 50% of couples who are trying to conceive, there is a male factor component.



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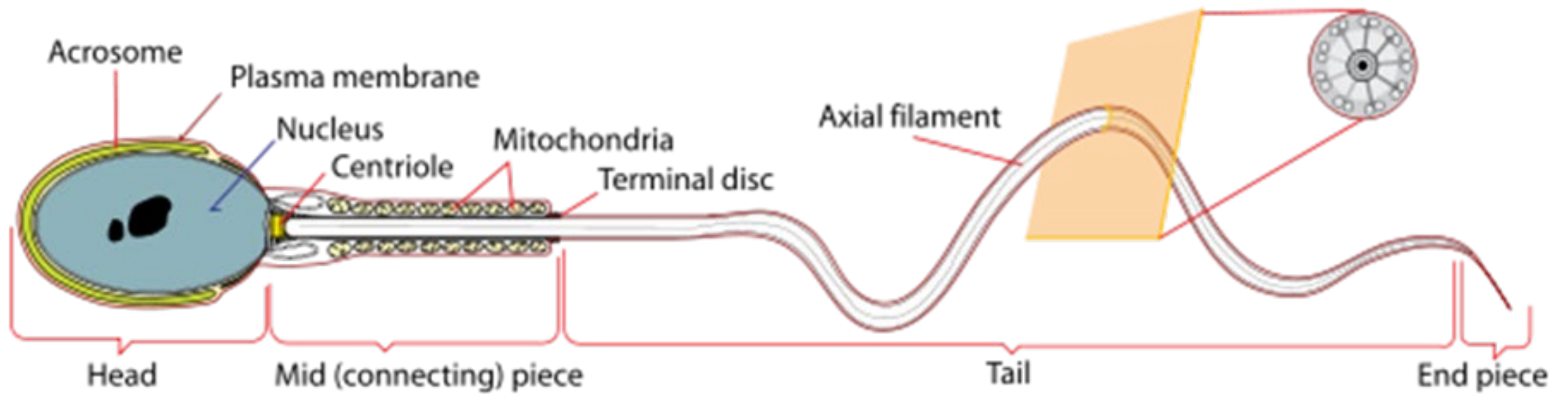
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# Male Factor: Definition and Prevalence

- Infertility affects about 10% of couples
- In 50% of couples who are trying to conceive, there is a male factor component.
- The earlier the diagnosis, the easier it is to formulate a plan.
- In addition to semen analysis, medical history important for diagnosis
- Identify if there is a risk factor (smoking, illicit drug use, elevated BMI)



# Anatomy of a Sperm

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# Sperm DNA Integrity



Image courtesy of Invitra.com



# Semen Analysis: Discussion and Limitations

- Days of abstinence? 2-4 recommended
- Volume (>1.5 ml)
  - If low, did male 'miss the cup'.
- Sperm concentration (M/ml)
  - >15 M/ml
- Total sperm count (sperm concentration multiplied by volume)-about 40 million
- Sperm motility (>40%)
  - Percentage of sperm that are moving
- Total Motile Sperm (concentration, motility and volume). How many sperm cells in an entire ejaculate are motile?
- Sperm morphology (>4%)
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  - Observed under microscope
- Don't just rely on each parameter alone, need to take percentages of total to get accurate picture.

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- Purpose of second semen analysis (in 2-3 weeks) isn't to see if interventions were effective, it is to see the variation in that man)
- S/A is just defining the lowest parameters

# Lifestyle Interventions, Supplements: What really works?

- Address lifestyle interventions first



# Lifestyle Interventions, Supplements: What really works?

- Address lifestyle interventions first
- Some supplements have been shown to improve semen parameters, but effect on pregnancy not known.

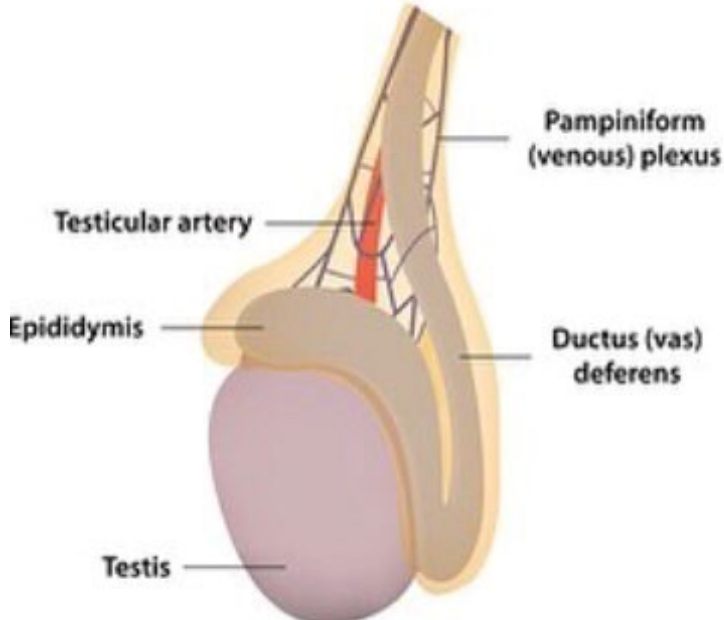




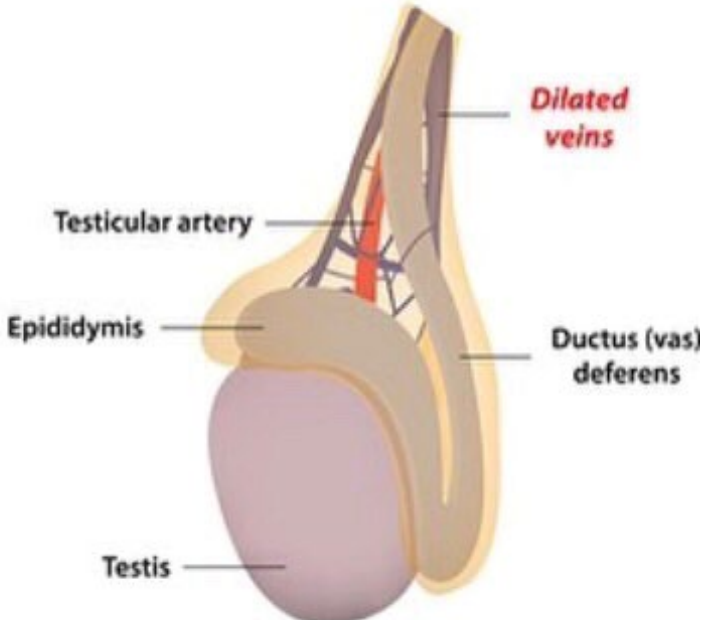
Varicocele:  
What is it  
and how do  
you treat it

# Varicocele

## Healthy Testicle



## Varicocele



# Surgical Methods of Sperm Extraction

# Conclusions



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