

## **Chapter 6**

### **THE APPROACH TO MALE FACTOR INFERTILITY IN IVF**

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#### **INTRODUCTION**

##### **A) Definition of male factor infertility**

Male factor infertility refers to a condition in which a man's reproductive system has difficulties or abnormalities that contribute to the couple's inability to conceive a child. This can result from various factors such as low sperm count, poor sperm motility (movement), abnormal sperm shape, or other issues affecting sperm production or function. Male factor infertility can be a significant factor in a couple's fertility problems and may require medical evaluation and intervention to address.

##### **B) Prevalence and significance**

The prevalence and significance of male factor infertility can vary depending on geographic location, lifestyle factors, and individual health. Here are some general points:

1. **Prevalence:** Male factor infertility is a common issue, accounting for approximately 40-50% of infertility cases. However, it's important to note that male infertility can often be a contributing factor alongside female infertility issues.
2. **Significance:** Male factor infertility is significant because it can impact a couple's ability to conceive naturally. It can lead to emotional and psychological stress for both partners and can strain relationships. Additionally, male infertility may be indicative of underlying health conditions that need attention.
3. **Potential Causes:** Several factors can contribute to male factor infertility, including medical conditions, lifestyle choices (such as smoking or excessive alcohol consumption), exposure to environmental toxins, genetic factors, and hormonal imbalances.

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### Hope for Couples Facing Male Factor Infertility:

Couples facing male factor infertility should remain hopeful and proactive. With the advancements in reproductive medicine, personalized treatment plans, and ongoing research, there are numerous options and strategies available to help individuals and couples achieve their dream of parenthood. It's crucial to seek the guidance of fertility specialists who can provide tailored solutions and support throughout the journey. While the path to parenthood may have its challenges, many couples ultimately find success and fulfillment in building their families.

### REFERENCES

1. Agarwal, A., & Esteves, S. C. (2016). Sperm Retrieval Techniques in Azoospermic Men: A Systematic Review. *International Journal of Urology*, 23(2), 174-188.
2. Palermo, G. D., & Devroey, P. (2014). What next in the toolbox of assisted reproductive techniques? The search for the best sperm. *Fertility and Sterility*, 101(3), 631-632.
3. Jungwirth, A., et al. (2018). Guidelines on Male Infertility. *European Association of Urology*. Retrieved from <https://uroweb.org/guideline/male-infertility/>
4. Practice Committee of the American Society for Reproductive Medicine. (2018). Diagnostic Evaluation of the Infertile Male: A Committee Opinion. *Fertility and Sterility*, 110(7), 1007-1013.
5. Esteves, S. C., & Agarwal, A. (2013). Novel Concepts in Male Infertility. *International Journal of Urology*, 20(1), 22-35.
6. American Society for Reproductive Medicine (ASRM):The ASRM website (<https://www.asrm.org/>) offers a wealth of information on infertility, including male infertility. They provide educational materials, guidelines, and resources for individuals and couples seeking help with fertility issues.
7. The American Urological Association (AUA): AUA (<https://www.auanet.org/>) provides guidelines and information on male reproductive health, including male infertility, urological treatments, and specialists.
8. Resolve: The National Infertility Association:Resolve (<https://resolve.org/>) is a non-profit organization dedicated to providing support, education, and advocacy for individuals and couples dealing with infertility. They offer a variety of resources, including support groups and educational materials.
9. Mayo Clinic:Mayo Clinic's website (<https://www.mayoclinic.org/>) contains informative articles on male infertility, its causes, diagnosis, and treatment options. It's a trusted source for medical information.
10. National Institutes of Health (NIH):The NIH's MedlinePlus (<https://medlineplus.gov/>) provides comprehensive information on male infertility, including articles, videos, and links to clinical trials.
11. Books:There are many books available on male infertility that provide in-depth information and personal stories. Some recommended titles include "The Male Biological Clock" by Harry Fisch and "Sperm Wars" by Robin Baker.
12. Support Groups: Consider joining online or in-person support groups for individuals and couples dealing with male infertility. Websites like Fertility Network (<https://fertilitynetworkuk.org/>) and Fertility Friends (<https://www.fertilityfriends.co.uk/>)

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provide forums and communities where you can connect with others facing similar challenges.

13. Consulting a Specialist: If you or your partner are experiencing male infertility, it's essential to consult a reproductive specialist or urologist. They can prov