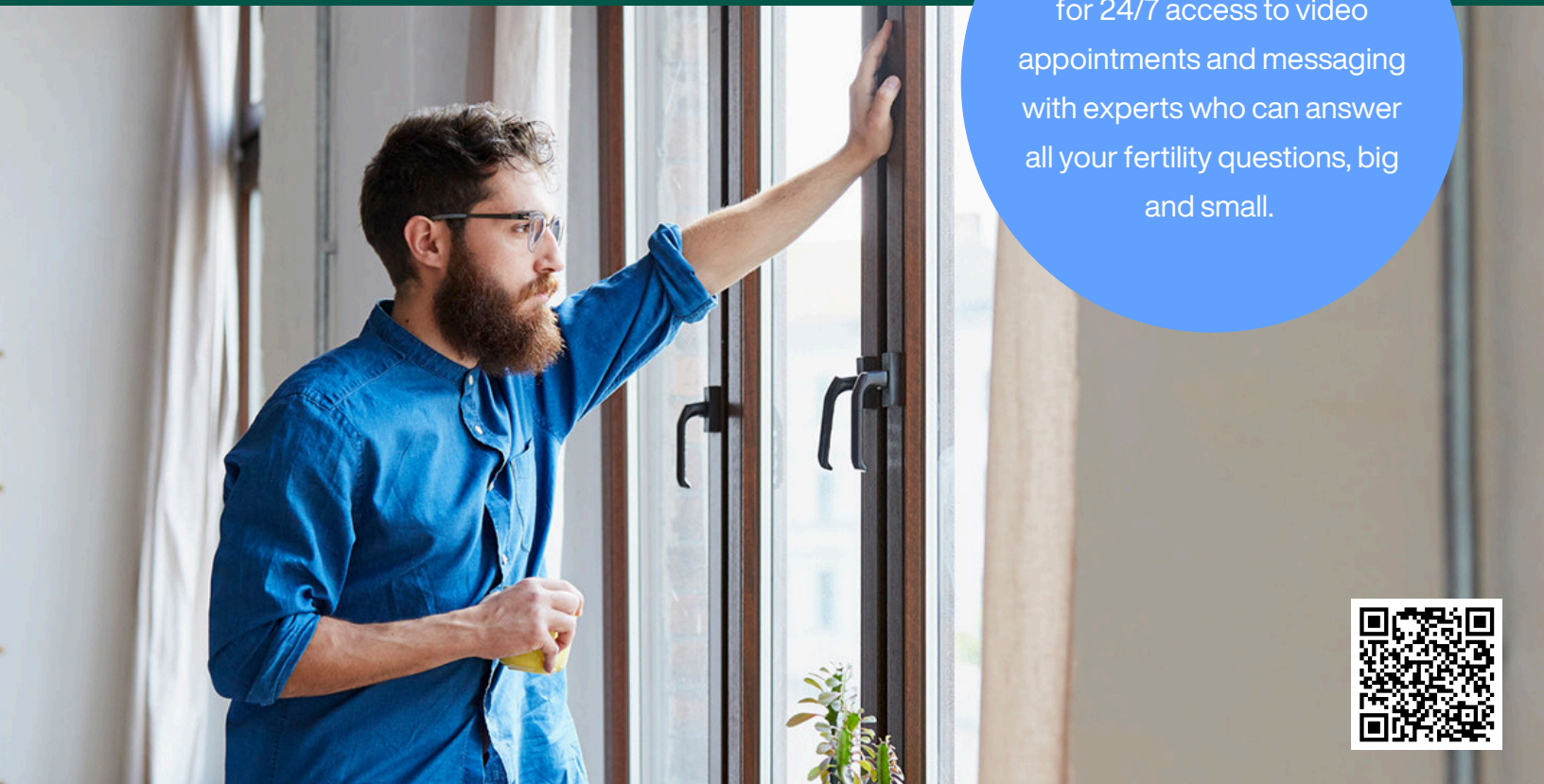


Maven's guide to male fertility challenges

There's a misconception that fertility challenges are a female issue, but the reality is they affect both men and women equally. It's important to have both partners evaluated if you and your partner have been trying to conceive for at least a year, or if you're over 35 and have been trying for 6 months. Read on to learn more about factors that can impact male fertility and why it's important for male partners to get a fertility check-up if you're struggling to conceive.

Join Maven for free today for 24/7 access to video appointments and messaging with experts who can answer all your fertility questions, big and small.



Potential causes of challenges with infertility for men

Medical causes of fertility challenges

There's a wide range of medical conditions that can interfere with male fertility. Based on your family health history, exams, and medication use, your healthcare provider may screen for the following medical issues:

- Hormonal imbalances
- Physical issues including undescended testicles, varicoceles (enlarged veins that move blood from the testicles), and underdeveloped reproductive organs
- Sexual dysfunction and issues with ejaculation
- Blockages caused by injuries, surgeries, infections, or certain genetic conditions
- Genetic conditions that affect male fertility
- Certain medications like testosterone replacement therapy (TRT), selective serotonin reuptake inhibitors (SSRIs), and some arthritis and high blood pressure medications can reduce sperm production and quality
- Previous injuries, infections, or surgeries in the pelvic area

Lifestyle habits that contribute to fertility challenges

Male fertility and overall health go hand-in-hand. Some lifestyle choices that can harm male fertility include:

- Using tobacco products
- Using drugs, like marijuana and cocaine, or prescription drugs like anabolic steroids
- Drinking excessive alcohol
- Carrying excess weight

Here's how Maven can help

If you're still struggling with fertility, you can reach out to your Maven Care Advocate and connect with fertility specialists who can help you with treatment options and finding a fertility clinic.

Maven is here to help you through every step of your fertility journey. With Maven, you can:

- Get personalized fertility advice from a Reproductive Endocrinologist or Reproductive Nurse
- Create a plan to quit tobacco with a Maven Primary Care Physician
- Learn about healthy eating with a Maven Nutritionist

Join Maven for free today!

