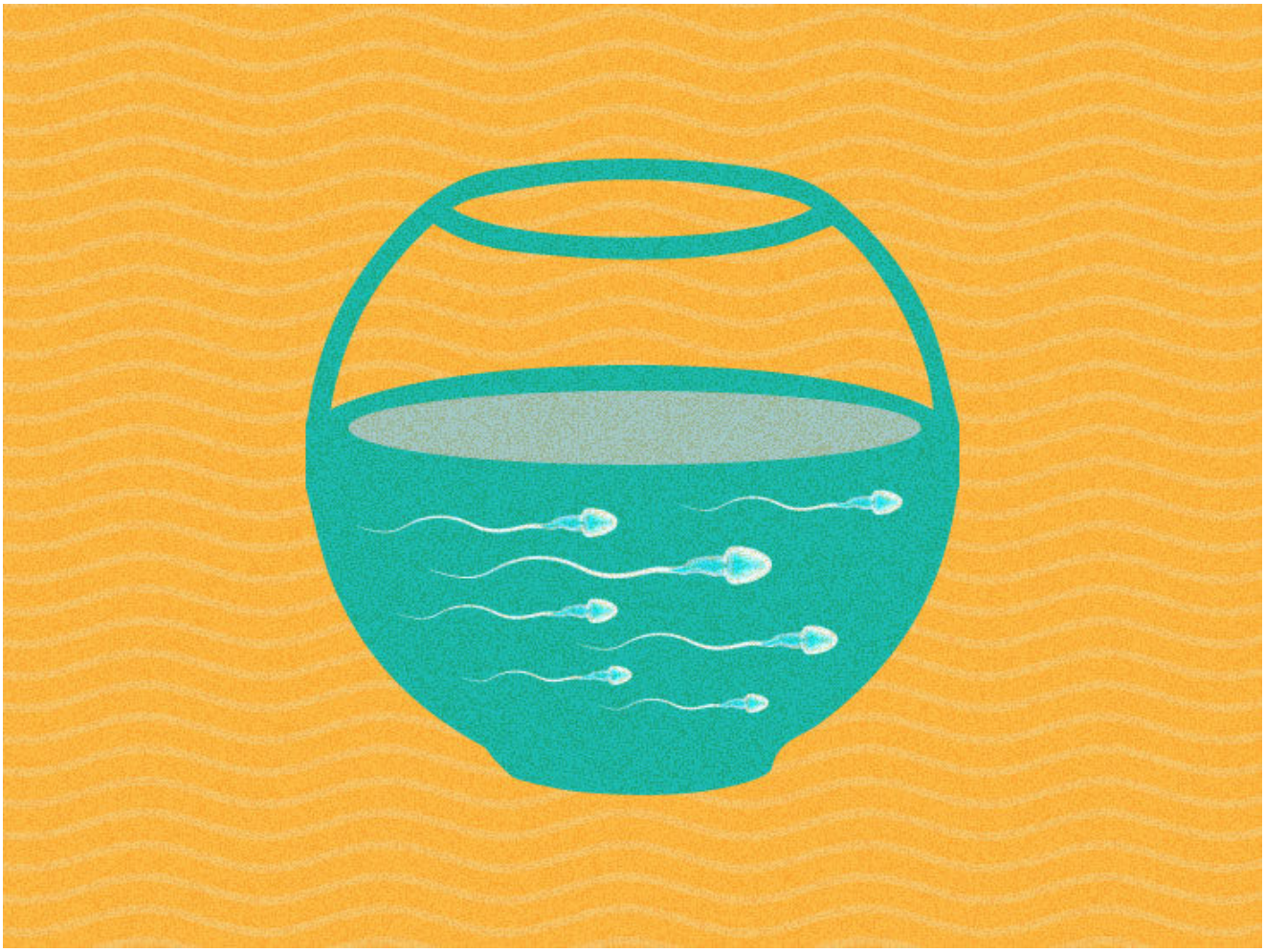
HEALTHY TIPS

5 Common Things Men Do Every Day that Lower Their Sperm Count

By bestfolkmedicine · 19/07/2022 · 3 min read



If you and your partner are trying to get pregnant, it's also important that the men check their sperm count and know the habits which reduce and increase the count.

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This is important as a low sperm count may impede the chances of conceiving.

According to a study from 2017 done by the Hebrew University of Jerusalem, sperm count of Western men has declined more than 50 percent in the last four decades.

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Though scientists aren't exactly sure why this is the case, some studies suggest that some lifestyle factors may affect the role of men's sperm count.

But, the good news is that in most cases, these levels aren't long-term.

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According to fertility doctor at Create Fertility Centre in Toronto, the normal production of sperm takes between two and three months.

This time can also be used to improve poor lifestyle choices and encourage a higher sperm count. Below, learn about the five things to stop doing and increase your sperm count.

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5 Things Men Do & Lower Their Sperm Count

1. **Insufficient discharge**

Men don't have to save up sperm when trying to make a baby.

On the contrary, frequent sexual activity is pivotal for optimal sperm health. If the body doesn't get the message to make sperm, it won't make it as much.

So, you either use it or lose it. According to experts, males should release once or twice weekly for good sperm production.

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2. **Too much coffee**

According to research, a moderate intake of caffeine doesn't affect sperm quality or the count.

The reasonable consumption is around 300 milligrams or around two cups per day. Surplus intake of caffeine may have a negative influence.

One study from 2017 published in Nutrition Journal showed that men who consumed more than four cups of coffee daily had a higher proportion of sperm with an abnormal shape.

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3. **High BMI**

According to researchers from the University of Southern Denmark, when a men's BMI elevates, the sperm count drops down.

Even a man who's only slightly overweight can have a 22 percent lower sperm count. One of the best ways to prevent this is to lose surplus pounds and add whole foods to the diet, including fruits and veggies.

The nutrients recommendable for optimal quality of sperm include vitamins C, and E, zinc, and selenium.

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4. **You smoke**

Smoking, whether tobacco or marijuana, may lower sperm quality, efficacy, and count. The toxins and other contaminants go from the lungs through the blood flow to the testicles.

In a 2015 study published in Postgraduate Medical Journal, it was concluded that cigarette smoke can decrease the sperm count by as much as 17.5 percent.

Another study from 2015 published in the American Journal of Epidemiology found that smoking marijuana more than once per week has been associated with a 28 percent lower sperm concentration.

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5. **Excessive alcohol intake**

When you consume alcohol in high doses, it may have a negative effect on your testes' ability to make sperm.

Although moderate consumption of red wine may even have a beneficial effect on sperm, overuse of alcohol should be avoided.

The antioxidants from red wine may help lower the sperm’s exposure to free radicals that are linked with DNA and cell damage.

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Sources:

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