

## Medical History and Lifestyle Assessment for Male Infertility

---

At the first infertility visit, providers should take a complete sexual and medical history covering the following issues.

- **AGE:** A man's age can significantly affect coital frequency and sexual functioning, therefore having an impact on fertility. Recent studies also suggest that sperm production and quality decrease with age.
- **PRIOR PREGNANCIES INITIATED AND OUTCOMES:** If the female partner had a past pregnancy with another partner and the male partner has never initiated a pregnancy despite unprotected intercourse, a male factor should be suspected. Even if the male has been involved in a prior pregnancy, if significant time has passed or a significant illness or surgery has occurred, a male factor should also be considered.
- **ABDOMINAL OR PELVIC SURGERIES**
- **INFECTION OF AND/OR TRAUMA TO THE GENITALS**
- **HISTORY OF DISEASES, INCLUDING:**
  - Systemic diseases (e.g. diabetes, neurological disease, tuberculosis)
  - STIs
  - Urinary tract infections
  - Diseases accompanied by high fever
- **HISTORY OF MEDICAL TREATMENTS THAT CAN HAVE A PERMANENT OR TEMPORARY EFFECT ON FERTILITY,** such as radiation or chemotherapy treatments
- **OCCUPATION:** Exposure to environmental toxins such as solvents, glues, paint and paint strippers, and pesticides can affect sperm count and motility.
- **PRIOR EVALUATION FOR INFERTILITY AND OUTCOME**
- **PRIOR OR CURRENT PRESCRIPTION MEDICATIONS THAT COULD INTERFERE WITH FERTILITY**
- **LIFESTYLE FACTORS:**
  - Smoking
  - Alcohol consumption
  - Use of recreational drugs
  - Use of over-the-counter medications and/or supplements
  - Personal habits, such as use of a hot tub or sauna
- **HISTORY OF SEXUAL DYSFUNCTION**
- **HISTORY OF ANY DEVELOPMENTAL ANOMALIES OR DELAYS**
- **PRESCRIBED MEDICATIONS,** such as Cimetidine, Sulfasalazine, Nitrofurantoin and Steroids

Adapted from: Adamson D, Chang RJ, DeCherney AH, et al. A model for initial care of the infertile couple. *J Reprod Med.* April 2001; 46(4 Suppl):409-426.

Center for Male Reproductive Medicine and Microsurgery, Cornell Institute for Reproductive Medicine, Cornell University Weill Medical College

Ng KK et al. Sperm output of older men. *Human Reproduction.* 2004 Aug; 19(8): 1811-1815