

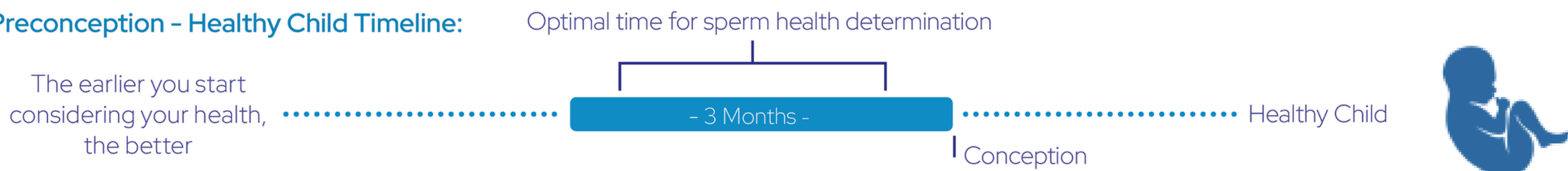


PRECONCEPTION CARE FOR MALES

8 health tips for males when planning for a family | Healthy dads for healthy kids

Preconception care is what future parents can do to maximise pregnancy success and child health in terms of their health and wellbeing. This is equally as important for both males and females. Proconception care should start well before a couple is trying to conceive a child.

Preconception - Healthy Child Timeline:



Here are some tips on what males can do to optimize sperm health and increase the chances of a successful pregnancy and healthy child.

1 Eat a nutrient-rich diet low in fat and sugar

Higher intake of fruit and vegetables is linked to good sperm count and it's capacity to reach the egg (motility), while foods high in fat and refined sugar decreases sperm quality.

2 Try to exercise at light/moderate intensity

Aim for 150 minutes of low to moderate intensity exercise such as brisk walking or swimming. Frequent, intense training can negatively impact male fertility.

3 Try to reduce or quit smoking altogether

Smokers are more likely to take longer to conceive. For males, smoking can lead to a lower sperm count and defects of the sperm. Speak to your GP about support services available to you to help quit smoking.

4 Reduce alcohol consumption

Alcohol leads to testicular shrinking and decreased testosterone concentration, which may affect the health of sperm. Consuming little to no alcohol when trying, or likely, to conceive is the wisest and safest course of action.

5 Reduce recreational drugs

Recreational drugs such as cannabis affect sperm health. If you use recreational drugs, have a go at reducing the use. If you need help, talk to your GP who can confidentially refer you on to the support that you may need.

6 Reduce exposure to toxic chemicals and pollutants

Chemicals such as pesticides and solvents can interfere with male reproductive hormones that can affect sperm production. It is recommended to wash fruit and veg and minimise contact with chemicals/solvent.

7 Be aware of influential factors out of your control

Speak to your doctors about how your age and certain genetic disorders may influence your chances of conceiving.

8 Frequent ejaculation

When trying to conceive it is important to remember to frequently ejaculate every 2-5 days to ensure the best sperm are used in conception.

For more information on male fertility and fathering go to healthymale.org.au

This information is based on the following article by Dr Nicole McPherson, head of Male Reproductive Life Course Group, and Dr Jessica Grieger, Research Fellow at the Robinson Research Institute. | [The science of preconception](#). International Journal of Birth and Parent Education. 2022;9(2):9-14.

