

gillie's *first time*
parent

FEBRUARY 2022

**PREGNANT
& VEGAN?**

What you
need
to know...

**GO ON A
Wonder
DATE**

**Lala
Kent**

*Meal prep.
without
breaking
the bank*

fertility

TIPS FOR INCREASED
SPERM MOTILITY

*Stop
reacting
and create
more calm
at home!*



Fertility - tips for increased sperm motility

with Banafsheh Kashani, M.D., FACOG, www.banakashanimd.com

What do you need to know about sperm motility? This knowledge can make a difference in pregnancy outcome if you are trying to conceive. Dr. Banafsheh Kashani, M.D., FACOG, a board certified OB/GYN and specialist in reproductive endocrinology and infertility shares with us 5 tips for increasing sperm motility.

Here are Dr. Kashani's tips for maximizing sperm motility (in no particular order).

1) Avoid smoking

Cigarette smoke can reduce the concentration or numbers of sperm as well as their motility.

Avoidance of cigarette smoking and marijuana can increase sperm motility and quality.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4639396/>

<https://pubmed.ncbi.nlm.nih.gov/30916627/>

2) Consider taking Co-enzyme Q10 to boost sperm motility.

Co-enzyme Q10 is an antioxidant that may play a role in energy metabolism, and preventing further damage or stress to cells. In regards to semen parameters, supplementation with CoQ10 has been shown to improve both sperm concentration and motility.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3800531/>

3) Reduce exposure to radio-frequency electromagnetic fields (RF-EMF)

RF-EMF can have deleterious effects on sperm parameters (like sperm count, morphology, motility). Therefore, reducing exposure to cell phones, Wi-Fi devices, and other forms of RF-EMF can improve sperm motility and quality.

<https://pubmed.ncbi.nlm.nih.gov/30445985/>

4) Vitamin D and Omega 3 supplementation may improve sperm motility.

Various studies have demonstrated that supplementation with Vitamin D and obtaining adequate sun exposure is associated with improvement in sperm motility parameters. Additionally, an Omega-3 or fish oil supplement can help improve sperm motility and improve sperm quality.

<https://pubmed.ncbi.nlm.nih.gov/31561004/>

<https://pubmed.ncbi.nlm.nih.gov/29451828/>

5) Avoid heat exposures

Elevated temperatures are associated with altered spermatogenesis. A temperature increase of just 1 degree Fahrenheit can reduce the development of sperm - which can subsequently decrease sperm concentration, motility and quality. Being mindful of heat exposures, such as the use of a jacuzzi, steam shower, sauna, or hot showers is important.

<https://pubmed.ncbi.nlm.nih.gov/17474098/>

<https://pubmed.ncbi.nlm.nih.gov/29018353/>

In addition to these tips, it's always a good idea to consider using a fertility lubricant, such as Pre-Seed, which can help increase the chances that sperm make their way into the cervix as they begin the search to find the egg.

Banafsheh Kashani, M.D., FACOG is a board-certified OB/GYN and specialist in reproductive endocrinology and infertility who has been treating infertility patients since 2014. Dr. Kashani has conducted extensive research in female reproduction, with a specific focus on the endometrium and implantation. She has written papers reviewing the medical management of fibroids and the effect of fibroids on fertility. Additionally, Dr. Kashani has authored papers in the areas of fertility preservation, and fertility in women with PCOS and Turners syndrome. She also was part of a large SART-CORS study evaluating the trend in frozen embryo transfers and success rates. www.banakashanimd.com

