

Male Factor Fertility

Male Factor infertility on the Rise- Acupuncture and Chinese Herbs Very Effective!

ACUPUNCTURE AND HERBAL MEDICINE TO THE RESCUE!

Incidence of male factor (30%) is rising and improvements in raising sperm count, motility, and changing morphology are notable with the use of Acupuncture and Chinese herbal medicine.

Acupuncture is a very gentle, comfortable, and relaxing treatment. No, it doesn't hurt. Acupuncture connects the organs, and all of your systems (endocrine, reproductive, blood, nervous, lymph, etc.) with the brain so that it functions in balance. The TCM concepts of how the organ systems work and interconnect differ, and hold broader functions, than perceived by Western medicine. The Kidney system, for example is responsible for reproduction and aging. It interconnects with the endocrine system. A balanced Kidney system is critical for male fertility. The Kidney system has pathways that traverse from the feet, passing through the genitals, through the center of the body, through the heart and chest, and continuing upward towards the brain and endocrine system. This pathway must flow abundantly with Qi (vitality, energy) and blood). Acupuncture allows these pathways to open so that Qi and Blood can flow. There is a Chinese saying that "when qi and blood flow, there is no disease." Acupuncture promotes the flow of Qi and blood to restore sperm count, motility and morphology.

The incidence of sperm defects is approximately 25% in white-collar workers and over 50% in blue-collar workers.

Factors including stress, nutrition and diet, lifestyle, lack of rest, and environmental toxins are also considered more seriously than ever before. This also differs from western treatment that pays much less attention to nutrition or demands of lifestyle. A TCM practitioner recommends favorable diets and nutrition to enhance fertility and discusses how to cope with lifestyle stress. Bridging the gap between Western and Eastern care improves patient outcomes.

TCM practitioners diagnose your pattern of disease and often formulate a specific and unique herbal mixture precisely for your pattern. This uniqueness and specificity usually accelerates your results.

Sperm Analysis:

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A normal sperm analysis – includes volume of at least one ml:

- Count – more than 20 million per ml;
- Motility – more than 50% moving purposefully; and
- Form – less than 50% abnormal.

Where are the needles placed?

Tiny, thin hair-like needles are placed in specific points on the body.

Acupuncture points for male factor are placed in the area of the low back, often with low frequency stimulation. Areas around the stomach, legs, hands and ankles are also used. Acupuncture works systematically improving blood flow to all parts of the body so it is not necessary to treat the genital area.

Traditionally for both female's and male's acupuncture has been used for patients with increased and more successful outcomes. Recent studies conducted by Diane Credenna, L. Ac., and Paul Magarelli, MD demonstrate that acupuncture in conjunction with IVF significantly increased birth outcomes, significantly decreased ectopic pregnancies and miscarriage rates demonstrating that good prognoses patients would also benefit from inclusion in acupuncture protocols. Their current studies are exploring the effects of cortisol and prolactin levels with patients undergoing IVF and acupuncture concurrently. Preliminarily their research shows that take-home baby rates are increased.

In 2002, a German study (Paulus) demonstrated significant success rate (43.5% versus 26.1% pregnancy rate) with an acupuncture protocol 25 minutes prior to IVF transfer, and immediately following IVF transfer.

Other important factors that are addressed:

- Diet and nutrition are extremely important and will be discussed with you
- Weight gain/weight loss issues
- Lifestyle factors such as overwork, excess travel, over or under exercising
- Quality and quantity of your sleep and rest
- Herbal or supplement recommendations if warranted to assist your body in becoming more balanced and as a support to nutritional deficiencies.

Traditional Chinese Medicine is multifaceted, treats the root cause of disease and focuses on imbalances within you, the whole person. If a structural problem exists, TCM cannot correct them, but has proven versatile and effective to warrant your

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consideration for all other aspects of infertility. A specific diagnosis and treatment plan is designed for you to achieve the best results.

I want to help you achieve your results and help you feel better!

On-site/home visits: I am available for acupuncture on-site (your Doctor's office) IVF transfer protocols or home visits as necessary based on schedule.

Out of area telephone consultations and treatment plans: Available by appointment to assist you in herbal diagnosis and treatment, selecting an acupuncturist, determining if acupuncture is right for your condition, second opinions, or review of any of your current Traditional Chinese Medicine protocols.

What about male factor fertility?

Incidence of male factor (30%) is rising and improvements in increasing sperm count, motility, and changing morphology are notable with the use of acupuncture and Chinese herbal medicine.

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- Count-more than 20 million per ml
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Where are the needles placed?

Acupuncture is a very gentle, comfortable, and relaxing treatment. The acupuncture points used are located in the area of the low back, or legs. Areas around the stomach, hands, and ankles are used as well. Acupuncture works is chemically improving blood flow to all parts of the body so it is not necessary to treat the genital area.

Western Causes of male factor infertility:

- Primary testicular disease
 - 66% unknown causes
 - -20% testicular maldescendent
 - -7% trauma or torsion
 - -5% klinefelters (abnormal testicular development)
 - -1% chemotherapy
- Obstructive causes

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- -vasectomy
- -congenital vas deferens missing
- -Chlamydia
- Varicocele
- Anti-sperm antibodies
- Chemicals-airborne exposure, skin, ingested or inhaled contact
- Medications
 - steroids
 - SSRIs-, Tylenol, Advil, Motrin etc.
 - sinus and allergy drugs or some stomach antacids
 - antiepileptic drugs
 - cytotoxic chemotherapeutic agents
 - Salazopyrine/ sulphasalazine –sulfur drugs
- Mobile/cellular-phone exposure-four hours per day was associated with a 30% drop in sperm count, quality, and motility from a survey done in an IVF clinic.
- Laptop computers-overexposure to heat
- Tight jeans or underwear-wear loose fitting pants, shorts, or boxers.

TCM considers stress, fatigue, overwork, and worry as major contributors to abnormal sperm analysis. Our goal is to calm, and balance your physical and emotional body in an effort to balance your endocrine system and hormones.

We have treated hundreds of male patients achieving tremendous success in treating the male factor. Proper nutrition and diet are also discussed and recommended.

Several studies are available demonstrating the success of acupuncture and herbal medicine when treating all aspects of male factor: count, motility, and morphology.

If you would like a copy of these studies please contact my office and I'll be happy to provide them. I am here to help!