

## Save Patients Time - Order Male Fertility Testing Early

*SGF Study Reveals 44% of Couples Not Tested for Infertility at the Same Time*

### TEST BOTH PARTNERS SIMULTANEOUSLY TO AVOID UNNECESSARY TREATMENTS AND COST TO PATIENTS

Identifying potential obstacles to achieving a pregnancy based on male and female prescreening tests is critical to establishing a diagnosis and personalized treatment plan for infertility, yet according to an SGF national study, 44% of couples revealed that fertility testing was not completed at the same time on both partners. For the male partner, a semen analysis is a non-invasive, low-cost test that assesses a patient's sperm count, motility, and morphology. Because it is such a simple test that yields a substantial amount of pertinent information, Shady Grove Fertility recommends that couples have this test as part of their initial fertility work-up.

Patients may schedule semen analyses at SGF full-service locations throughout Maryland, Pennsylvania, Virginia, Washington D.C., Georgia, and Florida.

### LIFESTYLE MODIFICATIONS OR TREATMENT CAN HELP NEARLY EVERYONE CONCEIVE

Various lifestyle factors can have an impact on sperm. Sperm are continuously being produced in the body, and take approximately 74 days to fully develop. This means that it takes about 3 months to see improvements from healthy lifestyle changes.

For male infertility, the **Center for Male Fertility at Shady Grove Fertility**, led by our board certified reproductive urologists Paul R. Shin, M.D. and Cori Tanrikut, M.D., offers a full range of services including basic evaluation and testing to state-of-the-art microsurgical techniques.

Many options exist for men facing infertility. In addition to lifestyle modifications, other non-surgical treatments such as medication and hormone optimization can help resolve fertility challenges. Surgical options also exist to repair blockages, reverse vasectomies, or correct varicoceles. In some situations, assisted reproductive technologies are needed to overcome male factor infertility. In vitro fertilization (IVF) with intracytoplasmic sperm injection (ICSI) allows a single healthy sperm to be injected into the center of each egg. For men with severe male factor issues, surgical sperm retrieval may be a treatment option in conjunction with an IVF-ICSI cycle.

#### INFERTILITY CAUSES

- Sperm issues
- Production
- Shape
- Movement
- Low numbers or absent
- Varicoceles
- Obstruction
- Infection
- Immune disorders
- Genetic anomalies
- Medication effects
- Hormone imbalance

#### LIFESTYLE MODIFICATIONS

- Avoid tobacco products and marijuana
- Moderate alcohol and caffeine intake
- Avoid testosterone supplements
- Maintain a healthy weight and diet that eliminates trans fats and includes antioxidants and omega 3 vitamins
- Avoid situations that raise scrotal temperatures

#### TREATMENTS

- Non-surgical**
- Lifestyle modifications
- Medication
- Hormone replacement
- Surgical**
- Varicocele repair
- Blockage repair
- Vasectomy reversal
- Sperm extraction
- Assisted reproductive technologies**
- IVF with ICSI
- IVF with ICSI and surgical sperm retrieval

### PATIENT CASE STUDY

#### PATIENT

29 year old male  
Stage 2 rectal cancer survivor

#### DIAGNOSIS

Azoospermia due to chemotherapy treatment

#### TREATMENT

IVF with intracytoplasmic sperm injection (ICSI) and testicular sperm extraction (TESE)

#### SGF PHYSICIANS

Paul R. Shin, M.D.  
Lauren Roth, M.D.

#### OUTCOME

Healthy baby boy



**PAUL R. SHIN, M.D.**  
REPRODUCTIVE UROLOGIST

MARYLAND | FREDERICK | ROCKVILLE  
VIRGINIA | FAIR OAKS | FAIRFAX  
WASHINGTON, D.C. | K STREET



**CORI TANRIKUT, M.D.**  
REPRODUCTIVE UROLOGIST

MARYLAND | ANNAPOLIS | BALTIMORE - HARBOR EAST | BEL AIR | COLUMBIA | TOWSON | WALDORF  
WASHINGTON, D.C. | K STREET



shady grove fertility

9600 Blackwell Road, 5th Floor  
Rockville, MD 20850

## SHADY GROVE FERTILITY

*Refer Your Patients with Confidence*

**1.888.348.5599**



shady grove fertility

### MEDICAL UPDATE

## When Assessing Fertility, Testing Both Partners Simultaneously is Critical

Male factor is the cause of infertility in 40 to 50 percent of couples, yet a recent study revealed **44 percent of couples begin their infertility testing only evaluating the female partner.**

**Test Both Partners Simultaneously.** Testing both partners can save precious time and expense for a couple building a family. The first step in male fertility testing is a semen analysis.

**Lifestyle Changes Make a Difference in Sperm Health.** There are many diet and lifestyle factors that can improve sperm health in as few as 2 1/2 to 3 months.

**There are Options for Male Factor Infertility.** Regardless of diagnosis, the Center for Male Fertility at Shady Grove Fertility offers options to help nearly everyone conceive.

[LEARN MORE ABOUT SPERM HEALTH AND THE SGF CENTER FOR MALE FERTILITY](#) ►

