

## Male Infertility

Infertility is the inability to have a child after trying for an extended time without using protection. The general rule is that if a couple is unable to get pregnant for over six months, one or both may be infertile. Recognizing infertility in men may be difficult as the symptoms may not be as obvious as symptoms in women. The symptoms associated with infertility may also vary depending on the reason for infertility. Symptoms may include sexual dysfunction, swelling or pain, breast growth, decreased hair, and respiratory or olfactory problems.

### Sexual Dysfunction

Many times, sexual dysfunction may be overlooked as being fatigued or uninterested during sex. However, watching taking notice of repeated incidents of dysfunction may lead to early treatment. Symptoms may include frequent pre-ejaculation, abnormally low levels of fluid being released during ejaculation, inability to maintain an erection, and having a reduced desire for sex over an extended period.

### Swelling or Pain

Testicular or penile swelling is something that males should pay attention to especially if the swelling lasts. Swelling may be a sign of a blockage or damage that may affect sperm delivery temporarily or permanently. It may also be a sign of illness which may also cause a short-term or long-term decrease in sperm production.

### Breast Growth

Breasts that grow abnormally in men may be a sign of hormonal issues that affect the sperm count.

### Decreased Hair

Decreased body and facial hair may be a symptom of abnormal hormones which can lower sperm count.

### Respiratory and Olfactory Problems

Respiratory infections and problems smelling are symptoms that may be easily overlooked. Respiratory infections may be dismissed as severe cold or allergies. However, if the infections recur frequently, it may be a sign of a rare disorder. The inability to smell may also be a sign of a disorder that may affect sperm count and therefore pregnancy.

### Medical Treatment

While symptoms may vary, paying attention to one's body may be the best way to pick up on clues. When in doubt, seeing a medical professional such as a urologist is the best course of action to address and perhaps resolve any infertility issues.