

## 9<sup>th</sup> Yazd International Congress and Student Award on Reproductive Medicine with 4<sup>th</sup> Congress of Reproductive Genetics

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### Key Lectures

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#### K-46

#### Treatment of male infertility

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Some drugs and medical illnesses suppress the fertility capacity of men, so the first step of medical treatment of male infertility is identifying these drugs and withdraw them and diagnosing the diseases like hypogonadotropic hypogonadism, hyperprolactinemia, and genital tract infections and manage them.

One of the male infertility causes is excessive reactive oxygen species (ROS) production. Physiologic amount of ROS is necessary for the reproductive

system, but the excessive amount of it causes cellular damage. Different sources of ROS production are smoking, varicocele, heat, etc. and eliminating these sources is necessary.

The other option for decreasing ROS in the seminal fluid is antioxidant drugs. Each of these drugs has the different effects on semen parameters and it is proven that multiple antioxidant therapy is superior to solo antioxidant therapy.

For antioxidant therapy, we should know the minimum and maximum dosage of each drug because over and under the administration of antioxidants may have the deleterious effects on semen parameters.

Not all infertile men are a good candidate for antioxidant therapy and also we cannot administered all antioxidant drugs for every patient so for precise selection of patients and antioxidant drugs, it is highly recommended to evaluate oxidative stress of semen and start antioxidant therapy based on it.