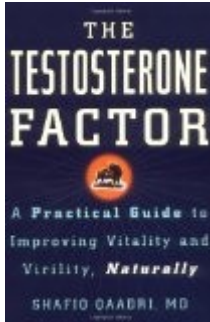


How Drugs Can Harm Male Fertility – Tips for Healthy Sperm Production

By Laurie Pawlik-Kienlen, on March 16th, 2010

Various types of drugs – including prescription medications such as



antidepressants – can harm male fertility levels. This summary of the possible effects of drugs on male fertility includes several tips for healthy sperm production...

“Everyone knows taking anabolic steroids and other recreational drugs will negatively impact health, but there is rarely a discussion of how male fertility can be affected,” says **Dr. Laurence A. Jacobs** of the **Fertility Centers of Illinois**. “To achieve optimum fertility, men should refrain from drug and substance abuse and also be informed of the possible side effects of everyday prescription medications.”

Here, **Dr Jacobs** describes how drugs can harm male fertility, and offers quick tips for preserving healthy sperm. For more information about male fertility, read [*The Testosterone Factor: A Practical Guide to Improving Vitality and Virility, Naturally*](#).

The drug scandal surrounding some of baseball’s greats including Mark McGwire, Sammy Sosa, Alexander Rodriguez, Barry Bonds and more – has sparked discussions about the short and long term effects these drugs will have on their overall health. What has not been addressed and is often not known is how much these illegal drugs, as well as everyday prescriptions such as Paxil, can damage male fertility.

How Drugs Can Harm Male Fertility

Certain drugs can cause impotence, erectile dysfunction, ejaculation difficulty, **low sperm count and function**, changed hormone patterns, low libido, disruption of the pituitary gland and its stimulation of the testicles, baldness, toxic effects on the testes and decreased overall fertility.

The good news is that these effects can often begin to reverse immediately once drug use has stopped. However, since it could take up to 12 months for **sperm count and function** to return to normal after abusing Anabolic Steroids, **Dr Jacobs** advises men to be aware of how their choices can affect their chances of conceiving a baby.

Medications that can harm male fertility include:

- Anabolic Steroids
- Paroxetine (trade names Seroxat and Paxil)
- Antibiotics containing Nitrofurans and Macrolides
- Sulfasalazine, found in anti-diarrheal medication

- Ketoconazole, found in anti-fungal medication
- Labetalol (trade names Trandate and Normodyne)
 - Marijuana
 - Nicotine

Quick Tips for Healthy Sperm Production

- Keep the laptop off your lap
- Restrain from lengthy bike rides
- Limit use of saunas, hot tubs and hot showers
- Stay cool – the optimal temperature for the scrotum is 95 degrees F, whereas normal body temperature is around 98 degrees F
 - Avoid smoking – nicotine can damage sperm DNA and cause birth defects
 - Limit alcohol intake as excessive drinking may cause impotence

For more information on healthy sperm production, read [7 Tips for Improving Male Fertility Levels](#).

You may also be interested in [5 Foods That Increase Sperm Count, Production, and Motility](#).

If you have any questions or thoughts about how prescription medications, drugs, and lifestyle can harm male infertility, please comment below...

Fertility Centers of Illinois, S.C., is one of the nation's leading infertility treatment practices, providing advanced reproductive endocrinology services in the Chicago area for more than 30 years.

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