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Patient Portal

Male Infertility



Urology > Male Infertility

Contents



What is Male Infertility

Male Infertility Causes

Need Help?

How to Know if You're an Infertile Male

Male Infertility Treatments

Need treatment for Male Infertility?

causing fertility problems and improve their chances of having a child.

What is Male Infertility

Male infertility is a medical condition where a man has difficulty contributing to conception, typically due to issues with sperm production, function, or delivery. To achieve pregnancy, a male reproductive system needs to produce healthy sperm in adequate quantities, transport the sperm into the semen, and ensure the sperm are [motile](#) and capable of fertilizing an egg. If any part of this process is compromised, fertility can be impacted.

Signs of Infertility in a Male

The most obvious sign of male infertility is difficulty getting pregnant after a year or more of trying to conceive. Other signs to watch for include:

- Low sperm count or poor sperm motility
- Trouble with ejaculation or erectile dysfunction
- Pain, swelling, or lumps in the testicles
- Loss of smell
- Abnormal breast growth (gynecomastia)
- Reduced facial or body hair, which may indicate a chromosomal or hormonal imbalance, such as low testosterone (Low T)

If you recognize any of these symptoms, consider seeking a second opinion from a [urology healthcare provider](#) specializing in male infertility or a reproductive endocrinologist to ensure an accurate diagnosis.

Male Infertility Causes

The causes of male infertility are varied and can be categorized into medical, environmental, and lifestyle factors.

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Medical Causes:

- **Varicocele:** Enlarged veins in the scrotum that impair sperm quality.
- **Infections:** Conditions like epididymitis, orchitis, or sexually transmitted infections can damage sperm or cause blockages.
- **Hormonal Imbalances:** Low testosterone or pituitary gland dysfunction can disrupt sperm production.
- **Genetic Conditions:** Disorders like Klinefelter syndrome or cystic fibrosis interfere with reproductive health.

Environmental and Lifestyle Causes:

- Exposure to toxins, including pesticides, heavy metals, or industrial chemicals, can affect male fertility.
- Excessive heat, such as frequent hot tub use or wearing tight clothing, impacts sperm production.
- Lifestyle choices, including smoking, excessive alcohol use, or illicit drug use, that harm reproductive health.

How to Know if You're an Infertile Male

If pregnancy has not occurred after a year of unprotected intercourse, it may be time to evaluate your fertility levels. Other symptoms such as erectile dysfunction, low libido, or testicular pain may also indicate the need for testing.

Male Infertility Test Options

A [urologist or infertility specialist](#) can perform several diagnostic tests to determine the root issues contributing to male infertility:

Semen Analysis

This test analyzes sperm count, motility, and morphology to assess overall sperm health.

Hormone Testing

Blood tests measure hormone levels, such as testosterone, that regulate sperm production.

Genetic Testing

Tests for inherited conditions can identify genetic factors that affect fertility.

Testicular Biopsy

A small tissue sample is taken from the testicle to evaluate sperm production directly.

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Can Males be Born Infertile

Yes, some men are born with conditions that negatively impact their fertility. Congenital issues like undescended testicles, genetic abnormalities, or disorders that hinder sperm development can all contribute to infertility.

Male Infertility Treatments

Hormone Therapy

Hormonal imbalances, such as [low testosterone](#) (Low T), can negatively affect sperm production and fertility. Testosterone replacement therapies, including bioidentical testosterone pellets and other hormone treatments, help restore normal testosterone levels, supporting better sperm production and improving reproductive health.

Infertility Medication

Specialized infertility medications such as Clomiphene Citrate, hCG and HMG, and Anastrozole (Arimidex) may be prescribed to stimulate sperm production, increase motility, and boost overall reproductive health.

In Vitro Fertilization

IVF involves fertilizing an egg outside the body and implanting the embryo into the uterus. For male infertility, techniques like Intracytoplasmic Sperm Injection (ICSI) directly inject a single sperm into an egg, offering a higher chance of success for men with low sperm count or poor motility.

Surgical Solutions: Varicoceles or Blockages

Surgical interventions are sometimes necessary to correct physical conditions like varicoceles or reproductive tract blockages. These surgeries are carefully performed to restore natural pathways for sperm or improve conditions within the scrotum that affect sperm quality.

Assisted Reproductive Technologies (ART)

ART represents a group of advanced techniques used when other treatments have not succeeded. This includes everything from sperm retrieval, In Vitro Fertilization (IVF), Intracytoplasmic Sperm Injection (ICSI), and embryo transfer, providing comprehensive support for various infertility issues.

Need Help?

Need treatment for Male Infertility?

If you've been struggling with male infertility, urology specialists at CLS Health are here to help provide you with personalized care to guide your journey toward parenthood.

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FAQs

What happens in a semen analysis?

A semen analysis examines sperm count, motility, and morphology to assess fertility. The test also evaluates semen volume and pH to detect potential issues like infections or blockages. Results help identify underlying causes of infertility and guide treatment options.

How to improve male infertility?

There are a few ways you can start improving male infertility, starting with implementing lifestyle changes like maintaining a healthy weight, eating antioxidant-rich foods, and avoiding smoking or alcohol. Stress management and regular exercise also support reproductive health. For medical issues, targeted treatments such as hormone therapy or surgery may be necessary.

Does chlamydia cause infertility in males?

Untreated chlamydia can damage the reproductive system, causing inflammation or blockages in the epididymis or vas deferens. These complications may prevent sperm from maturing or being included in semen. Early antibiotic treatment is essential to avoid long-term fertility issues.

How common is male infertility?

Male infertility is responsible for 40–50% of infertility cases in couples. Around 1 in 20 men has a fertility issue, with 1 in 100 producing no sperm. Despite its prevalence, effective diagnostic and treatment options are widely available.

How to prevent male infertility?

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To prevent male infertility, adopting healthy habits is essential, such as avoiding smoking, excessive alcohol, and drug use. Protecting testicular health by limiting heat exposure and managing stress also plays a key role. Regular check-ups are important for detecting and addressing potential issues early.

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