



## FACING INFERTILITY TOGETHER: THIS FATHER'S DAY, CELEBRATE HOPE



Father's Day is a time to celebrate the dads in our lives. But for some men, this day can be tinged with sadness or frustration. If you're struggling with infertility, you're not alone. Male infertility is more common than you might think, affecting roughly 1 in 3 couples.

### Facing the Challenge

Infertility can be a complex issue, and for men, the emotional burden can be significant. The societal expectation of fatherhood can lead to feelings of inadequacy or guilt. It's important to remember that infertility is not a reflection of your masculinity or worth as a partner.

### Here are few causes of male infertility :

- **Sperm problems:** This is the most common cause, including low sperm count (oligospermia), abnormally shaped sperm (morphology issues) or sperm with poor motility (movement).
- **Hormonal imbalances:** Problems with testosterone or other hormones can affect sperm production.
- **Varicoceles:** Enlarged veins in the scrotum can raise the temperature and impair sperm health.
- **Blockages:** Blockages in the reproductive tract can prevent sperm from reaching the semen. This could be due to past infections, surgery or anatomical abnormalities.
- **Medical conditions:** Certain medical conditions like diabetes, cystic fibrosis and some autoimmune diseases can affect fertility.
- **Lifestyle factors:** Smoking, excessive alcohol use, obesity and exposure to toxins can all contribute to infertility.
- **Undescended testicles:** In some cases, one or both testicles may not descend into the scrotum during foetal development. This can impact sperm production.

### The Road to Fatherhood

The good news is there are options! Here at Genome The Fertility Centre, we understand the challenges you face and are here to support you on your journey to fatherhood. Through a comprehensive evaluation, we can identify the cause of your infertility and recommend the most effective treatment plan. Here are some of the treatments we offer:



- **Lifestyle modifications:** Sometimes, simple changes like maintaining a healthy weight, reducing stress, and limiting smoking and alcohol can significantly improve sperm health.
- **Medication:** Hormonal imbalances can be corrected with medication to boost sperm production or function.
- **Surgical procedures:** Varicoceles, a common cause of male infertility, can be treated with a minimally invasive procedure.
- **Assisted Reproductive Technologies (ART):** For more complex cases, we offer advanced treatments like Intracytoplasmic Sperm Injection (ICSI) or sperm donation.

### Celebrating Every Step

We know the road to fatherhood can be long and winding. This Father's Day, take a moment to celebrate the progress you've made. Acknowledge your strength and resilience. Remember, fatherhood is about so much more than biology. It's about the love, support and guidance you offer.

### We're Here for You

At Genome, we're dedicated to helping you build your family. If you're facing infertility, don't hesitate to reach out. We offer a supportive environment and a team of experts who can guide you through every step of your journey. Together, let's turn Father's Day into a celebration of your future!