Reproductive System and Sexual Disorders: Current Research

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Commentary

Characteristics of Etiology of Male Infertility

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DESCRIPTION

Male infertility can be caused by poor sperm production, defective sperm function, or sperm delivery obstructions. Male infertility can be caused by illnesses, injuries, persistent health issues, lifestyle choices, and other causes.

Medical reasons

Male fertility difficulties can be caused by a variety of health concerns and medical treatments, including:

Varicocele: A varicocele is an enlargement of the veins that drain the testis. It is the most prevalent cause of reversible male infertility. Although the actual aetiology of varicoceles is uncertain, it may be connected to irregular blood flow. Varicoceles result in decreased sperm quantity and quality.

Infection: Some illnesses can disrupt sperm production or health, or induce scarring that prevents sperm from passing through. Inflammation of the epididymis (epididymitis) or testicles (orchitis), as well as other sexually transmitted illnesses such as gonorrhoea or HIV, are examples of this. Although certain illnesses might cause lifelong testicular damage, sperm can usually be recovered.

Problems with ejaculation: When semen enters the bladder during orgasm instead of emerging from the tip of the penis, this is known as retrograde ejaculation. Diabetes, spinal injuries, drugs, bladder, prostate, or urethral surgery are all examples of health issues that might result in retrograde ejaculation.

Antibodies that target sperm: Anti-sperm antibodies are immune system cells that mistake sperm for hazardous intruders and try to remove them.

Tumors: Cancers and nonmalignant tumours can directly influence male reproductive functions, through tissues that release reproduction hormones, such as the pituitary gland, or through unexplained mechanisms. Surgery, radiation, or chemotherapy to treat malignancies can have an impact on male fertility in some situations.

Undescended testicles: During foetal development, one or both testicles in some males fail to descend from the abdomen into the sac that typically holds the testicles (scrotum). Men who have experienced this disorder are more prone to have low fertility.

Hormonal imbalances: Infertility can be caused by problems with the testicles or by a problem with another hormonal system, such as the hypothalamus, pituitary, thyroid, or adrenal glands. Low testosterone (male hypogonadism) and other hormonal issues can have a variety of underlying causes.

Tubule defects that affect sperm transport:

Sperm travels through several channels. They can get blocked for a variety of reasons, including unintentional surgical harm, past infections, trauma, or atypical development, as in cystic fibrosis or other genetic disorders.

- Blockage can develop at any level, including the testicle, the tubes that drain the testicle, the epididymis, the vas deferens, near the ejaculatory ducts, and the urethra.
- Defects in chromosomes Inherited illnesses such as Klinefelter's syndrome, in which a man is born with two X chromosomes and one Y chromosome (rather than one X and one Y), result in improper development of the male reproductive organs. Cystic fibrosis and Kallmann's syndrome are two other genetic diseases linked to infertility.
- There are issues with sexual intercourse. These can include difficulty obtaining or maintaining a sufficient erection for sex (erectile dysfunction), premature ejaculation, painful intercourse, anatomical abnormalities such as a urethral opening beneath the penis (hypospadias), or psychological or relationship issues that interfere with sex.

Celiac disease: Celiac disease is a digestive ailment characterised by sensitivity to gluten, a protein present in wheat. Male infertility may be exacerbated by the disease. Adopting a gluten-free diet may boost fertility.

Specific drugs: Testosterone replacement treatment, long-term anabolic steroid usage, cancer therapies (chemotherapy), some ulcer medications, some arthritis meds, and some other medications can all damage sperm production and reduce male fertility.

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