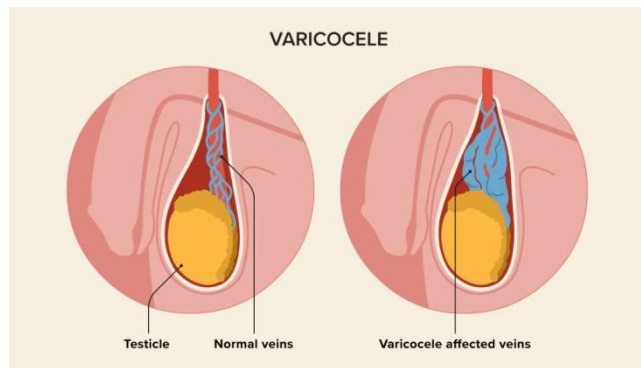


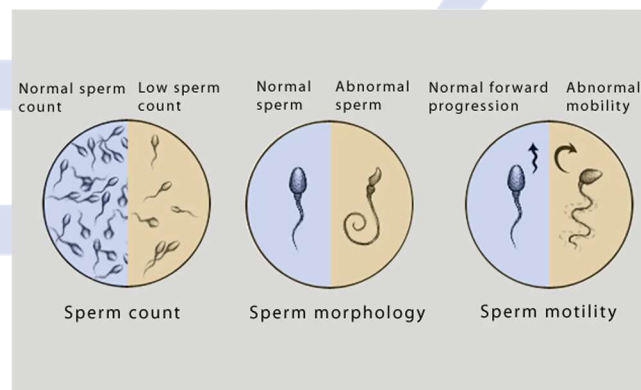
Causes:

Conditions and lifestyle factors can increase a man’s risk for oligospermia.



Varicocele: Enlarged veins in a man’s scrotum can disrupt blood flow to the testicles. This can cause the temperature in the testicles to increase. Any increase in temperature can negatively impact sperm production. About 40 percent of men with low sperm numbers or low sperm quality count have

this common issue. Read more about varicocele.



Infection : Viruses like sexually transmitted infections can reduce the sperm amount in semen.

- **Ejaculation issues:** While many men with oligospermia have typical ejaculations, some ejaculation problems may reduce sperm count. Retrograde ejaculation is one such issue. This occurs when semen enters the bladder instead of leaving from the tip of the penis. Other things that may interfere with typical ejaculation include:
 - injuries
 - tumors
 - cancer
 - past surgeries

- **Medications:** Beta blockers, antibiotics, and blood pressure medications may cause ejaculation problems and reduce sperm count.

- **Hormone issues:** The brain and the testicles produce several hormones that are responsible for ejaculation and sperm production. An imbalance in any of these hormones may lower sperm count numbers.

- **Exposure to chemicals and metals:** Pesticides, cleaning agents, and painting materials are a few of the chemicals that can reduce sperm count. Exposure to heavy metals, such as lead, can cause this problem, too.
- **Overheating testicles:** Sitting frequently, placing laptops over your genitals, and wearing tight clothing may all contribute to overheating. An increase in temperature around the testicles may temporarily reduce sperm production. It's unclear what long-term complications may occur.
- **Drug and alcohol use:** The use of some substances, including marijuana and cocaine, may reduce sperm counts. Excessive drinking can do the same. Men who smoke cigarettes may have lower sperm counts than men who do not smoke.
- **Weight problems:** Being overweight or obese increases your risk for low sperm counts in several ways. Excess weight can directly reduce how much sperm your body can make. Weight problems may also interfere with hormone production.

THE MENTIONED CAUSES OF INFERTILITY ARE DEFINED AS A HEALTH AWARENESS

This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your Physician or other qualified health professionals regarding any medical condition.