**Men's Health and Fertility Lifestyle Information**

**Patients with infertility can have some control of their reproductive function by living healthy lifestyles. "Negative" lifestyles can contribute to infertility. There is medical evidence supporting these lifestyle recommendations.**

**Tips**

1. Males should avoid excessive heat (jacuzzi, saunas, hot tubs, etc.)
2. Avoid placing laptop computers on lap or placing cellphones in front pants pockets.
3. Limit coffee to 20 ounces per day.
4. Do not smoke.
5. Do not use marijuana, cocaine, or other recreational drugs. Marijuana stays in the testes for two weeks, so even using it once every two weeks will have a negative effect.
6. Exercise regularly and moderately.
7. Drink no more than a total of 6 alcoholic beverages per week (glasses of wine, cans of beer, shots of liquor). Females should abstain from alcohol if pregnant.
8. Have good nutritional habits, especially a diet rich in fresh fruits and leafy vegetables (oranges, tomatoes, peppers, leafy greens – any bright-colored fruit or vegetable), as well as fish (SMASH: salmon, mackerel, anchovies, sardines and herring). Avoid excess of animal fat (red meat, fried food, cheese and whole milk). Diets high in animal fat are associated with a high risk of prostate cancer and heart disease. Meats lower in animal fat include venison, buffalo and grass-fed beef.
9. Be aware of sexual problems and do not hesitate to ask for medical help.
10. Seek emotional and/or psychological support; consider meditation to reduce stress.
11. Do not use finasteride (Propecia, Proscar) for hair loss. There is accumulating evidence that it negatively impacts male fertility. You may instead use topical minoxidil (Rogaine), which has no known negative effects on male fertility.

**Vitamins**

There is evidence that antioxidant vitamins and supplements may improve male fertility. Infertile men have a higher concentration of free radicals in their semen compared to fertile men. Free radicals attack the membrane that surrounds sperm.

**Dr. Jenkins recommends:**

* Vitamin C: 500 mg/day
* Selenium: 100 mcgs/day
* CoQ10: 200 mg/day
* Vitamin E: 200 IUs/day
* Folic Acid: 400 mcg/day
* Multivitamin that contains no more than 20 mg of zinc and no more than 200 IUs of Vitamin E.

There is a product currently available that contains all the suggested supplements **except** CoQ10 200 mg/day. This product, Conception XR for Men, is available at [www.conceptionxr.com](http://www.conceptionxr.com) (referral code **42430**). It can be used with CoQ10 200 mg/day to fulfill the recommended vitamin regime.

Also, FH PRO for men is available at www.fairhavenhealth.com (use discount code FHPRO for 10% off you order).

**Lubricants**

DO NOT USE saliva, KY Jelly, Astroglide, Surgilube, or any other over-the-counter lubricants. Natural lubrication is best.

**Dr. Jenkins recommends:**

* Coconut oil
* Preseed – this is available at [www.preseed.com](http://www.preseed.com).

No non-company data: Astroglide TTC, Sasmar Conceive Plus, BabyDance Fertility Lubricant (10% discount code - BABYDANCE), www.fairhavenhealth.com