

Prevalence and preventive measures of infertility in male by kruger's criteria, a randomized study in private and government health care hospitals

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Background: Every single couple out of ten are in search of medical care because of infertility. Men older than 40 years and Women older than 30years are at an increased risk of infertility. Presence of Infertility can be both in males and females. The estimation of male infertility is frequently underestimated or delayed. They may also experience the history of testicular, prostate, or sexual problems. WHO guidelines reported that the man with a sperm count of <20 millions/ml is considered as Oligospermia and nearly 100 million man around the world are surviving with erectile dysfunction. Symptomatic approaches steadily reducing the magnitude of couples classified as having idiopathic infertility. This is than perceived that no simple tests can conclude the probability of pregnancy in congregation in which the man is an infertile partner.

Methods: A study has been designed and conducted to figure out existence, problems, and causes associated with infertility in men and treatment options. For this purpose, 33 patients (n=33) has been selected and investigated from different private and government health care hospitals.

Results: Most of the patients are in the middle of their ages reported infertile. Primary infertility in infertile patients is 73% where as the presence of secondary infertility in the remaining respondent is 27%. Among all, 52% of the patients have co-morbid history of diabetes mellitus, 18% of them have issues about genitourinary trauma and infections, 30 patient have been identified problems related morphological count, 51% of them investigated abnormal volume of man semen. Evaluation of the study by Kruger's strict morphology test reveals that over 75% of the men having insignificant infertility issues whereas 25% of them were observed significant infertility issues.

Conclusion: It is concluded that male infertility is independent on the age factor whereas, excessive use of tobacco, alcohol, high fat food consumptions, obesity, heavy weight exercises, sedative life styles, contacts with chemical or toxins, stress or psychological disturbances might provoke issues of infertility in males.

Key words: Infertility, semen analysis, Kruger's strict criteria