



# AZOOSPERMIA

- TOPICS
- Causes of Azoospermia
  - Can I still get my partner Pregnant?
  - Your treatment options explained



## About this booklet

This series of booklets has been developed and written with the support of leading fertility clinics across Australia, and AccessAustralia — a national organization that provides numerous services for people having difficulty conceiving. We also acknowledge the many people who spoke openly about their own experiences with assisted conception in order to help others experiencing a similar journey. Merck Serono thanks the many individuals, couples and Australian Healthcare Professionals, including fertility specialists, specialist nurses and psychologists who shared their knowledge and expertise during the production of these booklets.

**Important notice:** The information provided in this booklet does not replace any of the information or advice provided by a medical practitioner and other members of your healthcare team. Your doctor will determine the best medications and course of action for you based on your requirements and conditions.

Prescription medicines have benefits and risks. Use all medications strictly as directed by your doctor and raise any questions or concerns with them before, during or after using prescribed medicines. If you experience side effects consult your doctor.

Full information regarding the medicines listed in this booklet, including how they are taken and side effects, is available from the Consumer Medicine Information (CMI) sheets. These can be found at the TGA website ([www.tga.gov.au](http://www.tga.gov.au)) for Australian residents and the medsafe website ([www.medsafe.govt.nz](http://www.medsafe.govt.nz)) for New Zealand residents.

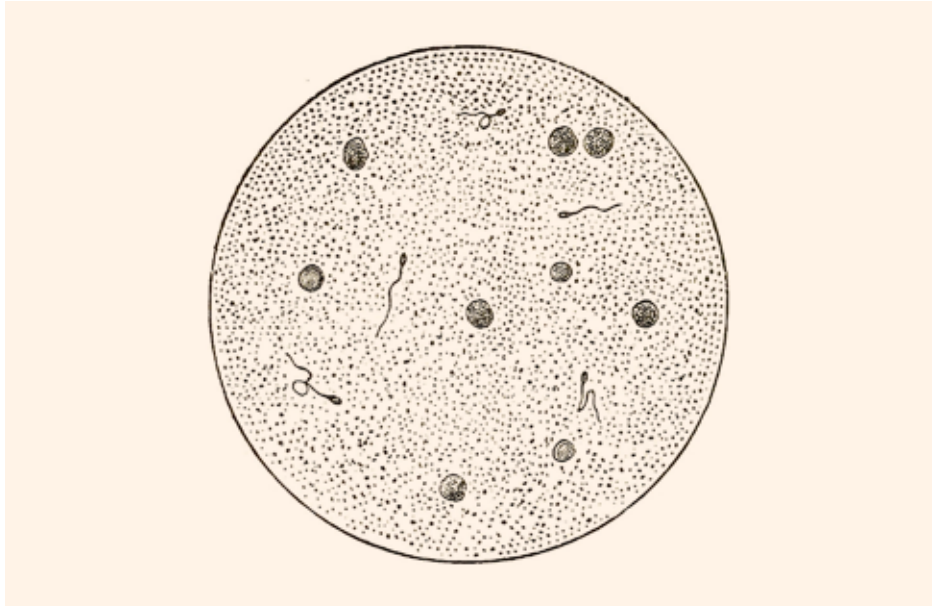
Medication availability and funding criteria may differ between Australia and New Zealand.

# Contents

1. About this booklet
2. Content
3. What is Azoospermia?
4. Azoospermia Causes
  - Obstructive Azoospermia
  - Non-obstructive Azoospermia
5. Can I still get my partner pregnant if I have no sperm count?
6. Treatment for Azoospermia

# What is Azoospermia?

Azoospermia is the complete absence of any sperm in a man's semen. It is found in 5–10% of men who seek infertility treatment. Consequently, Azoospermia is a major cause of male infertility.



- There is a problem with sperm production.
- There is a blockage such that sperm production, although normal, cannot reach the ejaculate.
- 

## Azoospermia Causes

There are two causes of azoospermia: either sperm is being blocked from exiting the testicles (Obstructive Azoospermia), or sperm is simply not being produced at all (Non-obstructive Azoospermia).

## Obstructive Azoospermia

Sperm could be blocked from exiting the testicles in a variety of spots. The part of the testicle where sperm mature(epididymis), the tube that transports sperm from the testicle to the urethra(the vas deferens), and the openings on each side of the tube (the ejaculatory duct) are all potential sources of blockage, via injury, infection, prior surgeries, or genetic defects.

## Non-obstructive Azoospermia

If the sperm isn't being blocked, that means it isn't being produced, or in some cases it may be produced at such low levels it isn't making into a man's ejaculate. This would be called severe oligospermia, and while it is still quite serious, sperm retrieval and assisted reproductive technology could still make pregnancy a possibility. Some potential causes include:

- Genetic Mutations.
- Y-chromosome deletions.
- Radiation (including cancer treatment)
- Heavy metal exposure.
- The use of certain medications or Illegal drugs.
- Hormone imbalances.

## Can I still get my partner pregnant if I have no sperm count?

Whether or not you can impregnate your partner is dependent on the diagnosis made by your fertility specialists. Your specialist will advise you on the cause of your azoospermia and what treatment options are available to help you conceive. Patients should note that a no sperm count diagnosis does not mean that conception is necessarily impossible. Men are often producing sperm, but this production is of a very small quantity that does not survive outside of the body. Male fertility specialists such as Dr. Martin Bastuba have had successful outcomes with only half a dozen sperm instead of the millions that are usually required for conception.



## Treatment for Azoospermia

A doctor will be able to provide information on medical options specific to diagnosis. Since the cause of azoospermia can be varied, there will be different treatment options, depending on the cause.

For men with genetic causes of azoospermia treatment may be limited to non-existent, depending on the type of genetic defect. In the case of testicular failure, doctors may be limited to treating a man with hormonal medications. Obstructive azoospermia may be able to be treated with surgery to remove the blockage.

Several tests will be run to determine if there is any sperm cell production, if there is, the sperm may be extracted for IVF.

## Natural options for Azoospermia

To be honest there are very limited natural options for men with azoospermia. First and foremost it is important to work with a doctor who specializes in this condition. Second, it is a well known fact that the male body requires a wide variety of nutrients to produce balanced hormones and healthy sperm. For men working to reverse azoospermia, eating a nutrient dense whole food diet is going to be very important. Today's modern diet often doesn't nourish the body properly and that is where nutritional supplementation can be useful in improving sperm production.

For men who are overweight or obese with azoospermia, getting on a weight loss program is going to be imperative to restoring sperm production.

There are a variety of herbs that have been shown to help support men's hormonal balance and sperm production. These herbs may be worth considering as part of a healing plan for azoospermia caused by non-genetic, non-obstructive azoospermia. As always, it would be best to find a natural healthcare practitioner, skilled in the use of botanical medicine, to work with, alongside a medical doctor.



Herbs to improve hormonal balance and sperm production in men:

- American Ginseng root (*Panax quinquefolius*)
- Cordyceps mushroom (*Cordyceps sinensis*)
- Maca root (*Lepidium meyenii*)
- Saw Palmetto berries (*Serenoa repens*)
- Schisandra fruit and seed (*Schisandra chinensis*)
- Tribulus aerial parts and fruit (*Tribulus terrestris*)

Important Note: We do not suggest combining any herbs for fertility while also taking medications for fertility treatments.

Systemic Enzyme Therapy is a natural option that may be considered after surgical treatment. For men who plan to have surgery to remove an obstruction causing azoospermia, they will want to consider ways to prevent additional scar tissue and inflammation. Systemic Enzyme Therapy may be a good option. Specific systemic enzymes may help support the health and proper healing post-surgery by aiding the immune system, inflammatory response. This may help prevent excessive scar tissue formation. Excessive scar tissue formation may cause the area treated to become blocked again.

Systemic Enzyme Therapy may also be useful for those who have developed antisperm antibodies due to vasectomy or other surgery.

Managing stress and sadness surrounding medical testing, treatments and diagnosis, along with facing the possibility of infertility should also be considered. There are a variety of natural options to help manage stress.









## Looking for more information?

other booklets in the Pathways to Parenthood series are available at: [www.nimaaya.com](http://www.nimaaya.com)

- Endometriosis
- Overcoming male Infertility
- Female infertility & assisted reproductive technology (Art)
- Your step by step guide to treating Infertility
- Polycystic ovary syndrome (PCOS)
- Ovulation Induction (OI)
- Intra Uterine Insemination (IUI)
- In Vitro fertilisation (IVF) & Intra-cytoplasmic sperm injection (iCsi)
- Managing the stress of Infertility
- Intrauterine Insemination
- Laser assisted Hatching
- Male Infertility
- Oocyte Vitriification
- Semen Analysis
- Why Investigate for Infertility



## How can you choose the right IVF centre?

Choosing the right fertility clinic is crucial to make sure that your dream of parenthood is on the right path. While every failed IVF cycle can be a major psychological and financial setback, the abundance of fertility clinics leads to confusion and frustration.

But do not lose hope. There are a few easy checks that any couple can do to help them find the fertility clinic that is right for them.

---

## Facilities

Nimaaya has a full time Embryologist with a Masters in Clinical Embryology, armed with 10 years of intensive experience.

We believe in delivering the best and the latest technology at no added cost to our patients, who have the right to the best medical care, even if they don't live in the metros.

---

## Services

Our centres provide treatment for all types of cases. Our Endoscopy department is capable of Endoscopic treatment of cases like Fibroids, endometriosis and Poly Cystic Ovaries.

Dr. Kishore Nadkarni is our Male Infertility specialist, with 30 years of experience in the field. We provide TESA, PESA and TESE for cases of Azoospermia (NIL SPERM).

Our centre is one of the most cost-effective centres in India with unparalleled success rates.

---