

Optimizing Male Health for Conception: A Comprehensive Guide



Highlights

You can increase your chances of conceiving and having a healthy baby by maintaining good health before trying to get pregnant.

Important steps before conception include quitting smoking and alcohol, maintaining a healthy diet, and keeping a healthy weight.

It is recommended to have a medical check-up and discuss any supplements or medications with your doctor before attempting to conceive.

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Preconception Health Importance

Your baby's growth during pregnancy and after birth
Pregnancy progression, labor, and delivery

Maintain a healthy weight

Quit smoking

Take folic acid and iodine supplements

Reduce or stop alcohol consumption

Manage any health conditions that could affect fertility

Impact of Age on Fertility

1 in 400 for women aged 30

1 in 100 for women aged 40

Supplements Before Conception

Wholegrain bread

Dark green leafy vegetables

Dried beans, chickpeas, and lentils

Iodine \ (150 mcg per day\)

Vitamin D \ (if deficient\)

Iron \ (if iron levels are low\)

Vitamin B12 \ (for vegetarians or vegans\)

Calcium \ (if dietary intake is insufficient\)

Acupuncture

Aromatherapy

Herbal medicine

Hypnosis

Massage

Foods and Supplements to Avoid

Vitamin A supplements - excessive amounts may increase the risk of miscarriage and birth defects.

High-mercury fish - mercury can affect fetal brain development.

Caffeine - limit intake to 2-3 cups of coffee per day, as high levels may impact fetal growth.

Alcohol - it is recommended to avoid alcohol when trying to conceive.

Preconception Medical Check-Up

Chickenpox

Influenza

Mumps

Rubella

Health Considerations

Weight and Fertility

2% to 5 hours of moderate-intensity physical activity

1... to 2% hours of vigorous-intensity activity

Preparing for a Healthy Pregnancy

Miscarriage

Low birth weight

Premature birth

Birth defects

Prescription medications

Over-the-counter medicines

Vitamins or supplements

Herbal or alternative therapies

Pesticides

Heavy metals

Household chemicals (paints, nail treatments, etc.)

Plastics

Radiation

Tools And Assistance

1. Preconception Health Check-Ups

Doctors and Healthcare Providers: Schedule a medical check-up to assess your health and fertility. This check-up can help identify potential issues that could affect your pregnancy. Your doctor will review your medical history, conduct tests, and discuss medications and supplements that you may need to adjust.

Fertility Specialists: If you are struggling with conception or have a known fertility issue, consider consulting a fertility specialist. They can offer advanced diagnostics and treatment options.

Genetic Counseling: For couples with a family history of genetic disorders, genetic counseling may help assess the risk of passing on certain conditions. This guidance can be essential in making informed decisions about family planning.

2. Nutritional and Dietary Support