

Patient Help Sheet

Men's Health

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

"The way is not in the sky. The way is in the heart." - Buddha

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Acupuncture for Male Infertility

Infertility has become more prevalent in our society over the last few decades. This comes to no surprise, when you consider all the changes in our agricultural practices, the increased number of vaccines and medications being given, as well as our dependence on technology constantly emitting low-grade radiation. Current statistics show that 1 in 6 couples trying to conceive are actually facing fertility issues. And while most people consider infertility to be a female issue, nearly half of all fertility issues are contributed to the male. So nearly 10 percent of all men in the United States trying to conceive are actually suffering from infertility.

Male infertility can be caused by a man's inability to produce sperm, a medical term known as azoospermia. Male infertility can also be due to the production of poor quality sperm that may be malformed or do not live long enough to make it to the egg for fertilization. There can also be genetic factors that attribute to male infertility.

Most cases of male infertility can be treated. Conventional medicine has come a long way in treating these issues, but the downside is it usually requires hormone replacement therapy that can be quite costly. There is also the possibility of needing surgical procedures that always have risks involved. This is where Traditional Chinese Medicine, and specifically acupuncture, can be very beneficial and may help without adverse side effects.

The insertion of acupuncture needles has been proven to stimulate blood flow, which works to improve male infertility. And specifically, regular acupuncture treatments can increase blood flow to the testicular arteries. The testicles need blood to provide nutrients, remove waste products and keep the area cool. Excess waste products can damage sperm while they mature in the testicles. Stagnation of blood in the scrotum can increase testicular temperatures, which can be very detrimental to forming sperm. By increasing blood flow to and from this area, nutrients are brought in and waste is removed, which will contribute to healthier sperm.

Another way acupuncture can help with male infertility is in the area of hormone regulation. Just like with females, hormones play a big role in whether or not a baby can be conceived and produced. In males, the balance of hormones between the hypothalamus, pituitary and reproductive glands is extremely important when it comes to healthy sperm and fertility.

Yin Tang This point is located midway between the inner ends of the eyebrows. Yin Tang is used to treat stress, anxiety and insomnia. It is also a great point to use for eye issues, nasal problems and headaches.



Heart 7 This point is located on the underside of the wrist crease on the outer edge. It is found in the depression on the outer side of the tendon. In Traditional Chinese Medicine, this point is used to calm the mind and heart. It works well for anxiety, stress and anger too.

Many of the commonly used fertility drugs are not as effective on male hormones and more importantly, these drugs have not been approved for use in the treatment of male infertility. However, acupuncture and herbs have been shown to balance hormones, which ultimately increases the probability of healthy sperm and fertilization of the egg.

Regular acupuncture treatments are also beneficial at reducing stress levels. When the body is stressed, it doesn't function properly. Stress can increase cortisol hormone levels in the body, which then disrupts the balance of other hormones. As mentioned above, when hormones are out of balance, then the chances are higher that male infertility may be a factor. Thus, getting consistent acupuncture treatments can decrease stress and allow the body to function properly.

Studies show acupuncture can definitely decrease infertility issues and allow couples to conceive more frequently. If you are experiencing fertility problems, acupuncture may hold the answer to fixing the condition.

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