

Sperm Health Tips

1 Maintain a healthy BMI as being overweight can affect sperm quality.

2 Don't smoke or take recreational drugs, both can affect sperm health and can impair sex drive. Partners of male smokers also have an increased risk of miscarriage.

3 No more than eight standard alcoholic drinks per week.

4 Some prescription medications can affect sperm health, check with a GP.

5 Eat well. A healthy balanced diet will provide the body with all the essential vitamins and minerals it needs to encourage healthy sperm production.

6 Regular ejaculation helps increase the quality of sperm. Have sex two to three times a week.

7 Warm temperatures might affect the testis' ability to make sperm. For safety, avoid spas, saunas, hot baths and putting a laptop on your lap.

