



## Optimizing Sperm Quality Lifestyle and Dietary Recommendations

There are some simple lifestyle changes that we recommend which may help improve your fertility. There is no definitive evidence that any or all of these changes will improve your fertility, it is unlikely that these recommendations will reduce your fertility potential and often they may help.

- Avoid excessive sources of heat (waterbeds, saunas, hot tubs, etc).
- Do not drink more than 1 or 2 cups of coffee per day.
- Do not smoke any tobacco products.
- Do not use marijuana, cocaine, or any other recreational drugs. Even very occasional use of these substances can severely reduce sperm counts.
- Exercise regularly and in moderation.
- Limit alcohol to 1–2 ounces of alcohol twice per week or avoid alcohol altogether.
- Eat a healthy diet, and try to emphasize a diet rich in fresh fruits and leafy vegetables.
- Consider carrying your mobile phone in a place other than your pants pocket and try to limit putting your portable computer on your lap.
- Certain vitamins can improve sperm quality. If you wish, you may try the following:
  - Vitamin C–500 mg/day
  - Vitamin E–400 IUS/day
  - Selenium–200 mcgs/day
  - Zinc–20 mg/day
  - The Kelowna Regional Fertility Centre carries a complete line of vitamins please inquire with the nurse or reception