

Fertility Update

GP guide to male infertility

Male infertility is the **second biggest cause** of pregnancy delay & affects almost half of all couples having trouble conceiving. With one in 20 men experiencing some form of infertility, it is important to discuss male fertility with your patients. Fortunately, most common causes are easily diagnosed and can be treated with effective fertility treatments including IVF and Intracytoplasmic Sperm Injection (ICSI).

Common causes

The main causes of male infertility include lifestyle factors, problems with sperm production and/or quality, sperm antibodies, chromosome and DNA abnormalities, hormonal problems and erectile and ejaculation difficulties.

When should I refer my patient for a semen analysis?

You may recommend a semen analysis proactively during preconception fertility assessments or if there are concerns about male fertility.

Reasons include difficulty conceiving after a year of unprotected intercourse, known or suspected male reproductive issues, previous medical conditions or treatments that may affect fertility, sexual dysfunction or ejaculatory problems, and risk factors impacting fertility.

Preconception sperm analysis can ensure patients have the best chance of falling pregnant and highlight any potential concerns early in the process.

A normal semen analysis result will show a sperm count of at least 15 million sperm per ml, with at least 40% of the sperm showing forward progressive movement.

The results of the semen analysis are normal. What next?

If a semen analysis shows normal results but the patient is still unable to conceive, you may consider further testing, or recommend lifestyle changes as well as encouraging testing of their partner.

It is estimated that one in 16 men produce antibodies to their own sperm, which can interfere with sperm motility and fertilisation. A blood test in conjunction with a semen analysis can be requested to confirm the presence of sperm antibodies.

For some patients, we may recommend testing for DNA fragmentation within the sperm. This test is useful if you have experienced recurrent miscarriage or several unsuccessful treatment cycles, and for men who have elevated leukocyte levels, have been exposed to toxic substances, are over 40 years of age, or have diabetes.



Dr Samuel Soo

Clinical Director – Melbourne IVF
Templestowe Lower

Expert in Male Fertility, Endometriosis,
Fibroids and Tubal Surgery.

Learn more about Dr Soo [here](#).

Your go-to channel for all things fertility with new videos uploaded weekly.

For more information about male fertility, explore our Fertile Minds video series [here](#).

Refer instantly with MIVF

Melbourne IVF's Andrology laboratories at East Melbourne and Templestowe Lower were purpose-built with the latest technology and are operated by a team of highly experienced scientists that assess samples within the hour of collection to ensure the highest quality.

Our comprehensive range of Andrology services include semen analysis, sperm antibody testing, semen collection and semen freezing.

CLICK HERE
TO REFER
YOUR
PATIENT

New state-of-the art laboratory and procedure clinic at Templestowe Lower

Melbourne IVF is delighted to announce that in July we are opening a new state-of-the-art laboratory and procedure clinic at our IVF Clinic in Templestowe Lower.

Our full-service IVF Templestowe Lower Clinic provides convenient access to fertility consultations, treatments, monitoring, counselling and andrology testing for patients living or working in Melbourne's Eastern Suburbs and surrounding areas.

We are pleased to partner with the Victorian Specialist Centre Day Hospital to offer associated fertility theatre procedures conveniently located above the clinic on Level 1.

Melbourne IVF's Templestowe Lower Clinic brings together a highly experienced team of leading fertility specialists, including **Dr Samuel Soo, Dr Violet Kieu, Dr Kokum Jayasinghe** and **Dr Yousif Alyousif**, nurses, scientists and counsellors that are dedicated to helping your patients achieve their dream of having a baby.

We look forward to welcoming your patients to our Templestowe Lower Clinic and supporting their fertility journey. [Refer your patients.](#)

[Learn more about MIVF Templestowe Lower clinic here](#)



Introducing MIVF's newest Fertility Specialist, Dr Rashi Kalra

Dr Rashi Kalra is a dedicated fertility specialist with a passion for helping individuals and couples achieve their dream of starting a family. She is among a select group of fertility sub-specialists in Australia to attain the prestigious CREI (Certificate in Reproductive Endocrinology and Infertility) post-graduate qualification. Dr Kalra's areas of interest include miscarriage, endometriosis, pre-implantation genetic testing, and complex infertility cases.

As the Medical Director of Victoria's first Public Fertility Service at the Royal Women's Hospital, Dr Kalra has implemented IVF services at the hospital and nine partner sites across Victoria. Her commitment to the field extends to training and supervising future fertility specialists, ensuring the highest standards of care for patients. Dr Kalra teaches medical students at the Royal Women's Hospital and serves as a subspecialist examiner for the CREI qualification with RANZCOG. Patients appreciate Dr Kalra's compassionate approach and dedication to providing personalised evidence-based care.

Available for consults at our East Melbourne clinic, [refer your patients today.](#)

[Learn more about Dr Kalra here](#)

Why should you refer your patients to Melbourne IVF?



World-class laboratory and scientific team



Leading success rates



Premium services at an affordable price



In-house genetic testing and counselling



Australia's longest-running donor bank

[Refer your patients](#) simply by using the referral forms now available on Best Practice and Medical Director or click the link below to download the form.

[Download here](#)

Upcoming Events

MIVF Fertility Management for General Practice Education Dinner

Enjoy an evening of education and collaboration to enhance your knowledge of fertility assessment, preservation, and treatment with presentations from our leading Melbourne IVF specialists: A/Prof Kate Stern, Dr Violet Kieu and Dr Marina Demyanenko. Gain insights into the latest clinical updates on assessing both male and female infertility, delve into elective egg freezing for future fertility, and explore supplementary interventions for fertility.

This event is registered for 3 CPD hours.

Event details:

Date: Wednesday 26 June 2024

Time: 6:00pm -9:00pm

Location: Mantra Melbourne Epping, 250 Cooper Street

[Register now](#)

MIVF Infertility and Family Planning Education Dinner

Expand your fertility knowledge and spend an evening with three of our leading Melbourne IVF specialists: Dr Samuel Soo, Dr Joseph Sgroi and Dr Violet Kieu. Gain insights into the latest clinical updates on assessing both male and female infertility, explore supplementary interventions for fertility, and stay informed about advancements in the management of endometriosis, fibroids, and PCOS.

This event is registered for 3 CPD Hours.

Event details:

Date: Thursday 25 July 2024

Time: 6:00pm -9:00pm

Location: Studley Park Boathouse, 1 Boathouse Road, Kew

[Register now](#)

For more information on the above, contact Nicola Kontaxis at nicola.kontaxis@virtushealth.com.au or 0429 183 205.

