

Mayo Clinic Minute

What men need to know about planning a family

Video	Audio
	Having children can sometimes be a crapshoot.
	Some couples achieve pregnancy on the first try, while others can try for years with no success.
	Mayo Clinic urologist and fertility specialist Dr. Landon Trost says there are things men can do to improve their odds.
LANDON TROST, M.D. UROLOGY Mayo Clinic	“The lower the sperm count, typically, the harder time you’ll have to achieve a pregnancy.”
	Ideally, you want more than 55 million.
	To improve your sperm count, he says lay off tobacco and alcohol.
	You should definitely avoid drugs like cocaine and marijuana, as they can significantly decrease your sperm count.
	Some legal drugs can too.
LANDON TROST, M.D. UROLOGY Mayo Clinic	“So either prescription medicines, or even ones that you can now get over the counter for reflux diseases or heartburn-type conditions. Those often will impair fertility as well.”
	The best thing you can do is improve your overall health.
LANDON TROST, M.D. UROLOGY Mayo Clinic	“Getting yourself, of course, in the best fitness, in shape and losing weight, those probably have some impact, as well.”
	Dr. Trost says men should also consider intriguing new research about the

	impact of a person's choices on their future children.
LANDON TROST, M.D. UROLOGY Mayo Clinic	"If you take high levels of alcohol, for example, or are morbidly obese or other things, your children often will face some of those same issues."
	For the Mayo Clinic News Network, I'm Ian Roth.