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MEMBER LOGIN



# Male Infertility

One-third of infertility cases are caused by male reproductive problems, ranging from lifestyle factors to abnormal sperm production, abnormal sperm function, abnormal sperm delivery, physical trauma or previous cancer treatment.

## Causes of Infertility in Men

One in six couples have



difficulties falling pregnant. Overall, one-third of infertility cases are caused by male reproductive issues, one-third by female reproductive problems and another third by both male and female reproductive challenges or by unknown factors.

## Causes of male infertility may include:

### > Poor quality semen and sperm

- Low sperm count
- Absence of sperm
- Poor sperm motility

Abnormal sperm shape



## > Damaged testis (/)

An infection of your testicles  
Testicular injury or damage  
Cancer treatment  
A congenital defect  
Undescended testicles



## > Ejaculation disorders

No semen release during intercourse

## > Sterilisation

Vasectomy

## > Hormonal issues

Hormonal issues in the testicles or pituitary gland (which produces hormones that stimulate the testicles to produce testosterone)

## > Medicines and drugs

In some cases, certain types of medication can cause male infertility issues. E.g. chemotherapy drugs, anabolic steroids (often used illegally) and anti-inflammatory drugs used to treat conditions such as Crohn's disease

## > Lifestyle factors:

Smoking  
Recreational drugs  
Drinking alcohol  
Lack of exercise  
Stress levels  
Obesity

# Male fertility tests

Lifestyle changes can make a huge difference to a man's fertility and to the success of fertility treatment. However, not all causes are easy to treat. Some physical causes like abnormal sperm delivery or physical trauma are hard or impossible to treat naturally.

Your GP or fertility specialist will perform an initial assessment.

## Semen analysis

Check whether there are problems with your sperm, e.g. low sperm count, sperm motility and sperm morphology (size and shape)

## DNA fragmentation

Assess the DNA of your sperm



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## Antisperm bodies

Check if you are producing antibodies against your own sperm



## Blood tests and or urine sample

Assess your general health with blood tests and a urine sample to test for chlamydia (which may affect your fertility)

# Male fertility treatment options

## TESA

In cases where the azoospermia is caused by mechanical blockage to the sperm flow, then TESA or testicular sperm aspiration can be used to extract the sperm. A mechanical blockage occurs in men who have had a vasectomy, or who are missing the vas deferens.

A TESA procedure is minimally invasive and can be done in your doctor's office under local anaesthetic. A needle is inserted into the testicle and tubules where sperm is aspirated through a syringe. As no incisions are made, you won't need any stitches.

## Micro TESE

A highly specialised procedure, Micro TESE or Microsurgical Testicular Sperm Extraction, extracts sperm from the testes in men who have no sperm in the ejaculate. In case of non-obstructive azoospermia, which means a man cannot produce enough sperm to have a detectable amount in his semen, this procedure offers hope to find small amounts of sperm under the microscope.

The aim of Micro TESE is to identify any area within the testis which is still able to produce sperm. Small samples are removed and laboratory staff will examine the specimens under the microscope. If sperm are found, a procedure called ICSI (<https://www.fertilitysociety.com.au/ivf-treatment-australia-new-zealand/#icsi-recommend>) will follow. The micro TESE success rate is promising. In about 60 percent of the cases, doctors will be able to find sperm during micro TESE procedures.

# Importance of your medical history

The more information you can provide about your medical history, the better your fertility specialist will be able to assess your individual situation.

"Please note that the information provided is not medical advice. To obtain personalised information about suspected infertility, please contact your qualified fertility specialist."

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## Useful Links

**Healthy Male (Andrology Australia) - for men's Health** (<https://www.healthymale.org.au/>)

**Your Fertility: offers the facts about fertility** (<https://www.yourfertility.org.au/>)

**VARTA: Fertility and Infertility** (<https://www.varta.org.au/understanding-fertility/fertility-explained>)

### ABOUT US

About FSANZ (<https://www.fertilitysociety.com.au/about/about-01/>)

Board Members (<https://www.fertilitysociety.com.au/about/about-01/fsanz-board/>)

Special Interest Groups (<https://www.fertilitysociety.com.au/about/special-interest-groups/>)

Media (<https://www.fertilitysociety.com.au/about/media-news/>)

### PROFESSIONAL GROUPS

SIRT (<https://www.fertilitysociety.com.au/professional-groups/pg-01/>)

FNA (<https://www.fertilitysociety.com.au/professional-groups/pg-02/>)

ANZICA (<https://www.fertilitysociety.com.au/professional-groups/anzica/>)

IVF Medical Directors (<https://www.fertilitysociety.com.au/professional-groups/ivf-medical-directors/>)

DART (<https://www.fertilitysociety.com.au/professional-groups/dart/>)

### ART REGULATION

RTAC (<https://www.fertilitysociety.com.au/art-regulation/rtac/>)

ANZARD (<https://www.fertilitysociety.com.au/anzard/>)



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## TRAINING & EVENTS



FSA Conference 2025 (<https://www.fertilitysociety.com.au/annual-conference/registration/>)

START Course (<https://www.fertilitysociety.com.au/training-events/start-2025/>)

## MEMBERS

Membership (<https://www.fertilitysociety.com.au/membership/>)

Members Login (<https://www.fertilitysociety.com.au/members/>)

## RESOURCES

Patient Centred Care (<https://www.fertilitysociety.com.au/resources/patient-centred-care/>)

Health Professionals (<https://www.fertilitysociety.com.au/resources/health-professionals/>)

Online Shop (<https://www.fertilitysociety.com.au/resources/online-shop/>)



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