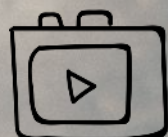


MANCAVE MANUAL

Fertility advice for men



BEST
FERTILITY NOW

**INTERNATIONAL
FERTILITY
COMPANY**
the best in fertility

A MESSAGE FROM KEVIN

If you're reading this, you're either sitting in a clinic or about to embark on a fertility journey.

I won't lie to you lad, it's not gonna be an easy one. I've been sat where you are, and you're probably looking around the room for answers.

This Mancave Manual will give you the tips I've learned from my journey, telling you everything you need to know about making it a little easier. You've now got people on your side, so you're not alone.

Some of my friends from the fertility world have helped me compile this manual. They're amazing people who've supported me with my purpose to help others. They've given me the confidence to shout it out loud.

A smiling bald man with a light beard, wearing a black hoodie. The hoodie has the text "DON'T GIVE UP!" printed on it in white and blue. The background is dark.

**DON'T
GIVE UP!**



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A microscopic view of numerous sperm cells against a dark background. The sperm cells are shown in various orientations, with their heads and long, wavy tails clearly visible. The lighting highlights the structure of the sperm, creating a sense of movement and depth.

Spermageddon:

According to a study, if sperm counts continue to decrease they are set to reach zero by 2045

Diagnosis of male infertility is commonly based on standard semen analysis. The male partner is considered a patient when an abnormality in semen parameters involving motility, morphology, or concentration, has been detected in at least two semen analyses.

Garg & Kumar, 2015

KEVIN'S STORY



Hi, I'm Kevin and I'm
the man behind:
"The Man Cave"

About eight years ago, my girlfriend (at the time) and I were trying for a baby. After a while we were getting frustrated, so we decided to go to the doctors for some help and advice. We were both sent to have fertility tests done at a fertility clinic. My girlfriend's tests came back fine, no issues showing, but I was asked to go back to the clinic again to do another sperm sample...

The results of the second sample were the same as the first, bad. At this point, the doctor recommended that I go into hospital to have an investigative operation (Micro-TESE) done, to see what the problem was.

After coming out of theatre I was greeted by the surgeon who told me that the operation went well, but unfortunately they were unable to retrieve any sperm. The Andrology Surgeon revealed to me that it was 'Sertoli cell-only Syndrome'. He went on to say it was in my genes, which left me confused because I am part of such a big family - my grandfather was one of nine! But what he meant was it is a genetic problem, something in my DNA.

WHY LISTEN TO KEVIN?



I was honoured to be invited on the Global Fertility council! Not only is the UK noticing that I'm campaigning but the whole world. On the council we have people from the UK, Poland, Spain, Netherlands, Finland, Canada and the USA. We touched on a number of things, we stressed the importance of clear, accessible information about fertility treatment, improvements to mental health support and so on.



I am a member of a support group who offer mutual peer-peer support, friendly chat and helpful resources with help of a UK charity.



I have spoken on BBC radio about how the Covid lockdown affected our fertility journey.

People I wish I knew when I started my journey

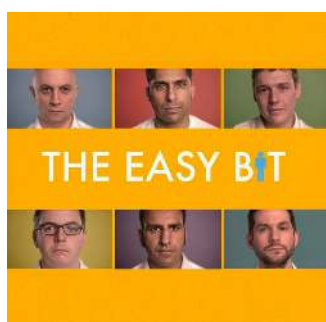
Here are a few people I believe could help make your journey a little easier. Listening to other people's stories made me realise I am not alone in this, and there are other people out there like me, they also helped me improve both my mental and physical health and helped me see that there are people out there who can help if you want them.





Any form of exercise is good for you, but for me running saved my life! I took my frustration and anger out on the pavements. Couch to 5k is a great app to get started, Regular exercise can have a profoundly positive impact on depression and anxiety. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood.

THE EASY BIT documentary @Amazon



After going through his own fertility journey, filmmaker Tom Webb felt that the experience that men go through was misunderstood. He decided to help highlight the male experience of fertility treatments by making a feature length documentary called "The Easy Bit". The film features six men talking openly and honestly about the reality and emotional impact of every stage of fertility treatment. The film is available on Amazon Prime Video and Vimeo On Demand.

HIM FERTILITY Facebook Group



You can join the group for mutual peer-peer support, friendly chat and helpful resources. Lads don't forget you are not alone. Ian Stones, Toby Trice and myself will be running the group alongside a charity.

Nick Denton @themaleinfertilitypodcast



Check this podcast out guys, loads of stories from different men on their fertility journey's; these have helped me on my journey and I'm sure they can bring you some comfort too.

The Man Cave @them_mancave *them-mancave.co.uk*



A website set up to share my story, to reach out to other men going through a similar journey and to help raise awareness of male infertility and mental health.

Alex Taylor @yogalex_fertilitty



I just want to touch on something that has helped me immensely and that is..... YOGA. Guys, I was exactly like you, oh it's for women blah blah. But if the likes of Russell Brand & Rio Ferdinand are doing it why not join them! 6 months ago I started and I've kept it up once a week for 45 minutes! It was supposed to help on my fertility journey but it has so many benefits. I've been feeling great and thinking of it, I haven't suffered from my anxiety for the last few months.

Julia Young @juliayoungnutrition juliayoungnutrition.com



Julia Young is a Fertility Nutritionist who works with couples who want to optimise their chances of fertility either naturally or via IVF by giving nutrition and lifestyle advice. Take a look at her amazing website it might even change your life!

Best Fertility Now @bestfertilitynow bestfertility-now.com



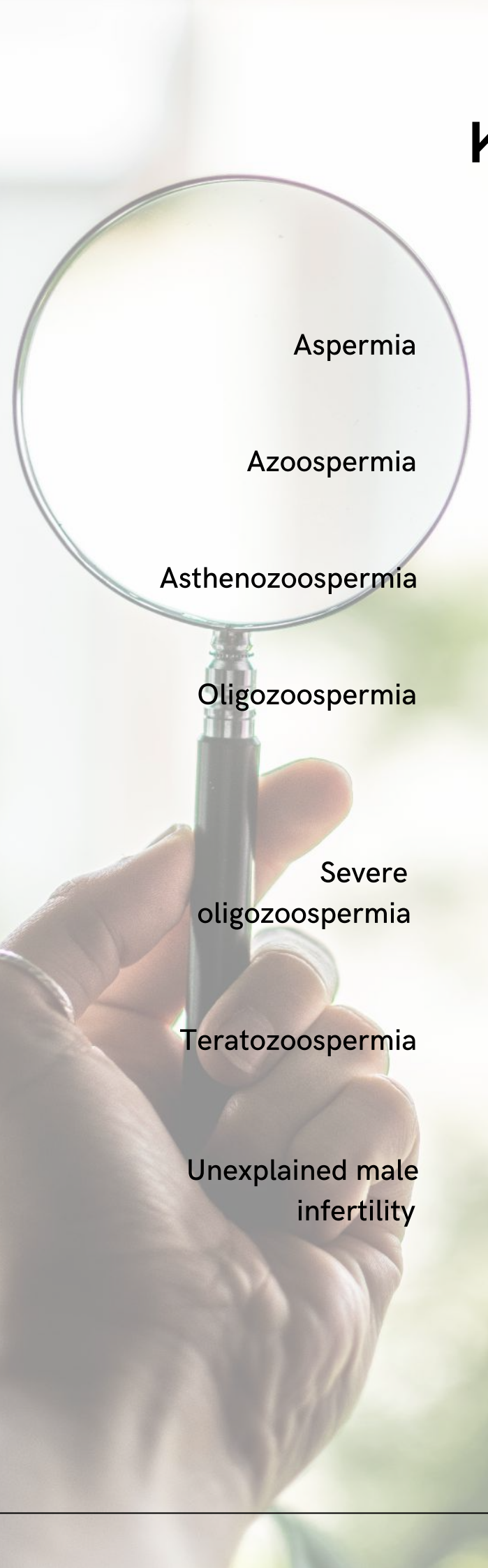
Breaking news, advice, tips and stories from the ever-changing world of fertility. Best Fertility Now produces content direct from experts and journalists! IVF, IUI, Surrogacy, Adoption, Male Fertility, Celebrity Fertility News, Egg Freezing, Donor Conception PCOS & Endometriosis. Check them out or give them a follow guys.

International Fertility Company internationalfertilitycompany.com



'Fertility travel' is not for everyone but for many, it is an option. The International Fertility Company has been set up to showcase what we consider to be the best treatment providers for those who are considering travelling. 'Treatment' is only one aspect of the fertility journey that is why we also share information on products and services designed to help.

KEY TERMS

A hand holding a magnifying glass over a list of key terms. The magnifying glass is positioned over the first three terms: Aspermia, Azoospermia, and Asthenozoospermia. The hand is holding the handle of the magnifying glass, which is a black pen-like object. The background is a soft, out-of-focus green and white.

Aspermia

Absence of ejaculate

Azoospermia

Absence of sperm in man's ejaculate

Asthenozoospermia

Absent or low motility of sperm

Oligozoospermia

An abnormally low number of sperm in a semen sample usually <20 million sperm per ml

Severe oligozoospermia

Number of sperm in a semen sample <5 million sperm per ml

Teratozoospermia

Excess of sperm that do not look the way that they should

Unexplained male infertility

Unexplained male infertility is a diagnosis reserved for men in whom routine semen analyses results are within normal values and there is no physical abnormality.

THE IMPORTANCE OF MEN GETTING FERTILITY TESTED

Male infertility is a somewhat forgotten or poorly investigated factor in the fertility world and it is vital that you are not ignoring what could be a very important part of your fertility jigsaw.

30% of all infertility is estimated to be down to an exclusively female health issue, 30% is estimated to be down to an exclusively male health issue, and 40% of infertility is thought to be either a combination of both or has an unknown cause.

This means in up to 70% of all infertility cases male health issues could be the reason for infertility or at least contribute towards it but is often overlooked.

All too often, men are given the most basic of semen analyses and are told they are fine without any further investigation. The most common issues of male fertility are low sperm concentration, poor motility and abnormal morphology.



Medical information supplied by Amy Williams www.amyreflexologylincoln.co.uk

WHAT AFFECTS MALE FERTILITY

There are many reasons for male infertility and, unfortunately, many are asymptomatic, meaning that you may not have any symptoms of the condition. Below is a list of the most common causes of male infertility, though of course, it is not extensive:

- **AGE** - The quality of sperm is changing over time. It can reduce due to physical factors such as hormonal imbalance or prostate function and the chromosomal quality of the sperm massively reduces with age.
- **DIET, LIFESTYLE & EXERCISE** - This is a huge factor and it shouldn't be ignored. The quality of your sperm DNA is directly related to your lifestyle. Men who are over or under weight tend to have lower sperm counts, poor motility and poor morphology. Processed foods, sugar, alcohol and other dietary issues can impact the oxidative stress of the sperm, leading to DNA issues. The same can be said for exposure to cigarettes, drugs, toxins, pollutants and other environmental contaminants. Excessive exercise can lead to heat in the testes and some sports and other activities lead to trauma of the testes. Elevated stress and disturbed sleep are known hormonal disruptors and can hugely impact on sperm quality and DNA quality.
- **INFECTIONS** - STIs, bacterial infections and UTIs are some of the main causes of many of the conditions listed here. Unfortunately, many have no symptoms and you may not be aware that you have an infection. As such, it is important that you rule these out with appropriate testing.
- **LOW TESTOSTERONE** - This can be for a number of reasons and can affect men of all ages, but testosterone also declines with age, so it most commonly affects older men. Symptoms include a loss of libido, poor erections and fatigue.
- **MEDICATION** - It is important to check that your medication is safe to use when trying to conceive. Have a chat with your GP, family doctor or pharmacist to check that your medication is suitable and seek out alternatives where possible.
- **PROSTATE** - Can be very similar in symptoms to chronic prostatitis, but can also include blood in semen or urine; a need to frequently use the toilet, especially at night; weak urine flow or an inability to wee; pain in the back, thighs or pelvis; and erectile dysfunction.



DIAGNOSIS

Semen Analysis

The first port of call for any couple who are having fertility difficulties is their own GP or family doctor. For the man, they will suggest a basic semen analysis, and you will be referred to a local NHS clinic to give your sample. A good-quality report will include the following information:

- Volume - how many ml of semen you produce.
- Initial count - how many sperm there are.
- Motility - if the sperm are moving. This can be broken down into rapid and progressive motility: how fast are they moving, and in what direction.
- Normal forms/ morphology - This counts how many sperm actually look like they should.

For some men, it is advisable to get an advanced or full semen analysis which usually will have to be paid for.

Common examinations and tests

If you are referred for further testing, these fall into three categories: Structural or physical testing (looking for blockages, inflammation and disease), hormonal testing and sperm abnormality testing.

TREATMENT



Once the cause of male infertility is discovered, it is often much easier to treat than female infertility, meaning the outcomes are usually much better.

Treatment for male infertility is varied, depending on the diagnosis. Many conditions require simple course of treatment whereas some may need a more extensive medical intervention or even surgery, and a small percentage of conditions unfortunately may well be untreatable.

It is very important that men take their diet and lifestyle seriously when trying to conceive. Supplementation is often helpful but the wrong supplements at the wrong doses can also be harmful, so again, it is important to seek advice from an andrologist, fertility coach or nutritionist.

It takes 90 days for sperm to develop = it can take at least 3 months to see any changes in sperm quality.

Medical information supplied by Amy Williams www.amyreflexologylincoln.co.uk

VITAMIN USE FOR INFERTILITY



When it comes to fertility for men, your gut microbiome can make a significant difference. Indeed, new research has shown how poor gut health can cause an estrogen imbalance, which may lead to infertility issues such as testicular dysfunction.

NuaBiome Men is the first-of-its kind fertility supplement with a microbiome focus. Scientifically developed, advanced formula for men.

It contains live bacteria, vitamins and minerals. NuaBiome Men supplies the key nutrients to support reproductive and sperm health. This formula makes NuaBiome the ideal choice for men trying to conceive.

MENTAL HEALTH

When going on a fertility journey your Mental health will be 100% affected! And that's fine, as long as you know you are not alone! There is support out there, don't bottle it all up inside that shit will destroy you. It will not just affect you but your loved ones in the process.

Do not be ashamed to ask for help. Talk with your partner, your friends and your family. There are many people around us who can support us but if it gets a little too much, do not hesitate to go to a professional.



Mind is a mental health charity in the UK. They provide an easily accessible Infoline which offers callers confidential help for the price of a local call, Legal Line, which provides information on mental health related law and also have a lot of information on their website which is PIF Tick certified.

Mental Health Charities in the USA: Strong Minds, The Jed Foundation, NAMI - National Alliance on Mental Illness & Rethink Mental Illness


Don't hide in fear, live your life
because your life is worth living



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www.them-ancave.co.uk

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A person stands on a rocky peak, silhouetted against a vibrant sunset. The sun is a bright, glowing orb in the center of the frame, casting a warm, orange and yellow light across the sky and the landscape. The person is looking out over a vast, hazy horizon. The foreground is filled with dark, silhouetted rocks and tall grasses.

In case you haven't
been told lately...

You are loved
You are important
And you matter