How to Get Pregnant When Your Partner's Sperm Count is Low

by Iva Keene MRMed. ND. - Tuesday, February 15, 2011


How to get pregnant with low sperm count? Is IVF your only option or are there natural options at your disposal? A healthy lifestyle and a balanced diet can help boost your sperm count and help your partner to conceive even if you have a low sperm count. Studies show that infertility cases are divided equally between men and women and also that the risk of a miscarriage is higher in women whose partner has a low sperm count. Men with a low sperm count tend to have other sperm abnormalities as well. Around 48% of their sperm can have abnormalities such as two tails, two heads and motility issues. On average, men with a normal sperm count have 25% more sperm volume and only 5% abnormal sperm.

A low sperm count can be caused by a number of factors, including extreme heat, tight underwear, nutritional deficiencies, daily cycling, stress and sleep deprivation.

One option for couples where the man has a low sperm count is intrauterine insemination (IUI). IUI, also called artificial insemination, is an assisted reproductive technology method that can help increase your chance of pregnancy.

IUI Procedure

A very thin and flexible tube is inserted into the woman’s uterus through the cervix. Viable sperm are injected into the womb through the tube. The sperm can be from a sperm donor or from your partner. IUI is an expensive procedure which has to be done twice during an ovulation cycle. The first two tries are usually unsuccessful. Successful conceptions from intrauterine insemination range from 6% to 26%.

Assisted reproductive technologies (ART) are not as effective as you might expect. A study showed that ART improved conception rates by 6% when compared to the couples who conceived naturally. Of the 1,145 infertile couples tested, half underwent assisted reproductive technology while the other half attempted pregnancy naturally. After a seven-year follow-up, 41% of the couples who underwent ART had successful pregnancies while 35% of the couples who had attempted to achieve pregnancy naturally had successful pregnancies., a difference of only 6%.

Recent studies show that a healthy lifestyle and a balanced diet can help boost your sperm count. Zinc and folic acid have been shown to increase sperm volume. Sperm abnormalities have also been linked to vitamin C deficiency.

Here are 6 tips on how to get pregnant with low sperm count can be improved so that impregnation can take place.

6 tips on how to get pregnant with low sperm count

1. Take supplements regularly and foods rich in folic acid (leafy greens)
2. Avoid unhealthy habits like smoking, drinking alcohol and taking recreational drugs. Smoking
inhibits sperm production and causes problems in sperm motility. Drug and alcohol consumption can have adverse effects on your fertility.

3. Avoid exposing the scrotum to intense temperatures. Avoid saunas and hot tubs. Avoid wearing tight-fitting underwear. A few degrees increase in scrotal temperature can severely affect sperm production.

4. Minimize stress as much as possible. Exercise regularly. Try to relax and avoid stressful situations as much as possible. Studies have linked stress to some infertility issues such as hormonal imbalances.

5. Maintain a healthy weight. Being overweight or underweight can affect your sperm count. Remember, estrogen levels and testosterone levels are affected by body mass and the amount of body fat you have.

6. Avoid steroids as they can cause testicular reduction and infertility.

If you have a low sperm count do not resort to medical treatments immediately because there are less expensive natural ways to treat low sperm count and other sperm abnormalities to help you achieve a successful pregnancy.

Are you or your partner struggling with a low sperm count? Have you taken any supplements for it? Do you have any other tips on how to get pregnant with low sperm count? I’d love to hear from you.