

# What Time is it on *His* Biological Clock? OV WATCH - FATHER'S DAY SURVEY

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National survey of 346 Male Respondents with comments from Dr. G. Wright Bates, The Atlanta Center for Reproductive Medicine, Atlanta, Ga

## 1. To the best of your knowledge, at what age are men most fertile?

Ages 20-35	176 (61%)
Ages 36-50	24 (8%)
Ages 51-65	7 (2%)
Male fertility remains study throughout a man's lifetime	80 (28%)

**Answer: Ages 20-35**

### G. Wright Bates, MD• What age are men most fertile?

Male fertility does not begin to decline considerably until the 6th decade of life or in the 50s. When men in their 30s are compared to men older than 50, the older group has lower number of percentage of normal-appearing, motile sperm but the number of sperm or concentration is relatively constant. However, there may be a greater risk of an abnormal pregnancy when the father is older. In addition, difficulty achieving or maintaining an erection become more common as men age.

## 2. Which of the following affect a man's sperm count?

Steroid use	95 (33%)
Tight underwear	59 (21%)
Smoking cigarettes or other tobacco	51 (18%)
Extreme exercise	11 (4%)
All the above	170(59%)

**Answer: All of the above**

### G. Wright Bates, MD• What factors affect my sperm count?

Mature sperm or spermatozoa capable of producing a pregnancy are produced in the male testis approximately every 2.5 months. Therefore, a semen analysis may reflect a man's health many weeks earlier. Sperm number and quality may be reduced by poor health and high body temperature or fever. Elevation of the temperature of the scrotum by sitting in a hot tub may also be detrimental. Type of underwear (briefs vs. boxer's) also has the potential to reduce a man's fertility but the role of boxer's shorts in improving sperm quality is controversial at best. In general, loose clothing may keep the testis cooler if prolonged sitting is a part of a man's daily routine. Although health and fitness are important, extreme exercise or cycling may reduce a man's fertility. Finally, the use of steroid, tobacco product or drugs such as Marijuana is quite detrimental to a man's fertility while some vitamins (L-carnitine and anti-oxidants) may enhance sperm parameters.

## 3. At what time of day is a man's sperm count highest?

Right when a man wakes up in the morning (7-10AM)	135 (47%)
Noon (11AM-2PM)	11 (4%)
Midnight (Anytime between 11PM and 3AM)	10 (3%)
There is no one time when a man's sperm count is highest	131 (46%)

**Answer: There is no one time when a man's sperm count is highest**

### G. wright Bates, MD• At what times of day is my sperm count highest?

Sperm counts do not vary throughout the day. However, most men experience a peak in testosterone and often, libido in the morning. Older men or men who have difficulty with erection should consider taking advantage of this natural elevation of hormones.

## 4. What sexual position is best for conception?

Having the woman's legs elevated	73 (25%)
Missionary position with the woman on her back	59 (20%)
Missionary position with the man on his back	14 (5%)
Sexual positioning has no direct impact on fertility	142 (49%)

**Answer: Sexual positioning has no direct impact on fertility**

**G. Wright Bates, MD • What sexual position is best for conception?**

Sexual position has no direct impact on fertility. The upper vaginal expands during intercourse allowing for pooling of the semen at the cervix. Likewise, the majority of the semen does not enter the uterus, remains in the vagina or may leak out of the vagina after intercourse without impacting the chances of conception. There is no need for a woman to remain flat or elevate her legs after intercourse.

**5. Does having intercourse more than once consecutively increase your chances of conception?**

Yes always	58 (20%)
Yes, when timed correctly with the woman's ovulation cycle	157 (55%)
No	72 (25%)

**Answer: No**

**G. Wright Bates, MD • Does having intercourse multiple times consecutively increase our chances of conception?**

As mentioned, the frequency of intercourse does not have a major impact on the chance of conception as long as sperm reaches the fallopian tube prior to the arrival of the egg. While the concentration of sperm or volume of seminal fluid may be lower with repetitive ejaculation, "the timing", not the "number of times" is the key. In addition, sperm may survive in the female's body for 6 or 7 days allowing for pregnancy even if intercourse occurred several days before ovulation.