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Dietary fatty acids and minerals intake are related to sperm parameters in men referring to an Iranian reproductive sciences institute: A cross-sectional study

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Infertility had an increasing trend between couples in Iran. Some epidemiological studies have reported a relationship between infertility and lifestyle patterns including dietary habits. Our objective was to identify the relation between sperm parameters and dietary fatty acid and mineral intake among Iranian infertile men.

This cross-sectional was performed on 400 newly diagnosed infertile men in Yazd Reproductive Sciences Institute from July to December 2019. Men were recruited when their infertility was confirmed by the expert andrologist based on WHO criteria. They delivered a semen sample and answered a 168 items semiquantitative Food Frequency Questionnaire (FFQ). All data were analyzed using SPSS V. 22 software. P-value less than 0.5 considered as significant.

We found a positive association between Poly-unsaturated fatty acid intake, total motility and normal morphology (P-value=0.03). Also, there was a significant negative association between second quartile of sodium and calcium intake and sperm volume (P trend: 0.04), compared with first quartile.

We concluded that dietary of Poly-unsaturated fatty acid intake, sodium and calcium intake are related to sperm morphology, volume and total motility in Iranian infertile men. However, more research is needed to confirm these relations and provide the evidence needed to exert these findings into clinical practice.