

PROMOTING PHYSICAL AND MENTAL HEALTH IN MEN FACING INFERTILITY ISSUES

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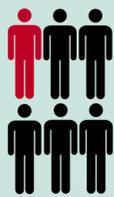


Male fertility is in the news, but are men paying attention?
We need to find better ways to increase men's knowledge and empower them to take action to improve their reproductive health

MESSAGE #1

Men don't know much about their own fertility.



 One in 6 couples experience infertility (trouble conceiving), and in **about 50%** of these cases the primary or contributing cause will be the male partner.

➤ In a Canada-wide study of 701 men, 90% said they had some knowledge about their fertility, but on average, they were **only able to correctly identify 50% of the risks to male fertility.**



A male fertility patient told us that when he and his wife began trying to start a family, he did not put much stock in his wife's advice about lifestyle factors related to fertility.

"I remember like two years ago, she would be like 'you have to reduce drinking coffee, drinking alcohol and all that stuff' and two years ago I was like whatever I don't believe that. And since I have been doing my sperm test, and it came out horrible, I was like I guess you have a point."

MESSAGE #2

Most men want to be dads. Men say they are interested in learning about their fertility health. But this information may be difficult to acquire, even in the context of patient care.

- In the context of fertility treatment, information is hard to understand and not always available for men.
- In the context of cancer care, not all men who can bank sperm to preserve their fertility, do so.



Of 701 men surveyed, 58% expressed interest in receiving information about male reproduction. Men prefer to obtain fertility information from health care providers (66%) or online sources (59%).

- We surveyed 500 fertility patients about online searches for fertility information. Men were less likely than women to search online for scientific literature on infertility, diagnostic tests, and medications used in fertility treatment.
- Our review of 85 websites found that information on male fertility was not geared for people with less than 14 years of education for English sites and 16 years for French sites.
- In a survey of male oncology patients, 80 of the 84 men who banked their sperm reported they had discussed the matter with a health care provider. Of the 108 men who did not bank sperm, 41% said that they did not receive "the information about the effect of cancer on my fertility".

A young male cancer patient who had not done fertility preservation told us,

"I had no idea I could do this kinda that easily. Didn't think it would ever be a problem."

From a focus group with six male university students on the subject of male fertility health:

"I wouldn't be interested in taking a class on it or spending a whole bunch of time but if I could look up that fact and just find it then it would be worthwhile."

MESSAGE #3

It is **hard to engage men** in issues of fertility health because childbearing, and problems associated with it, are seen as "women's concerns."



In testing our mobile health intervention for fertility patients, our team approached:

164 eligible men

124 agreed to participate

94 began the study

52 completed the study



11 lurked on the monitored message board and only 2 men posted any commentary.

A male peer supporter who wanted men to participate sent this post as encouragement: Viewed a total of 71 times; 0 response.

"I have myself went through many tough phases: a diagnosis of masculine infertility (which was later known to be wrong), a diagnosis of feminine infertility, 5 years of IVF with many failures and the choice of using egg donation. We now have the joy of two healthy children but during those tough times, I would have liked to be able to use an app such as Infotility to exchange with other men who were facing the same challenges."

SIZZLE

SUPPORTING INFO

ANECDOTES