



Review of the effect of smoking on men's infertility

Saber mohammad Ala* - Kamali zahra⁹⁴

Introduction: men are responsible for almost half of infertilities. Infertility and the problems arising from that is an important issue of couples. Genetic and environmental problems are effective in its incidence.

In this study smoking, oxidative stress, taking ranitidine and the other chemicals were investigated on the sperm of infertile men.

Method: in this case study, in a systematic process, all of the articles published in national and international journals were searched.

Findings: in these studies it was revealed that the likelihood of infertility is 1.5 times more in smoking men than in non-smoking ones, which means with the increase in using cigarette during a year the number of sperms will decrease by 800000 and with the increase in using one cigarette a day, sperm motility will decrease by 1%. Density, motility, normal form, quality and quantity of sperm are significantly lower in smoking men than in the non-smoking ones. Harmful materials in the smoke of cigarette affect hypothalamic cycle of the production of sexual hormones and prevent adequate production of sperms. Oxidative stress, varicocele, hernia, taking ranitidine and dealing with chemicals have significant role in men's infertility.

Results: using cigarette, hernia disease, varicocele and hands-on jobs are among the predictive factors that can be counted as the causes of infertility in men. In addition, most of the factors involved in men's infertility can be prevented, thus public instruction regarding paying more attention to sanitary sexual practices, healthy lifestyle and the required preventions are necessary.

Key words: men's infertility, sperm

Masters of Science students, Department of Midwifery, School of Nursing and Midwifery, ⁹⁴
Mashhad University of Medical Sciences, Mashhad, Iran. saberma921@mums.com