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OBESITY AND MALE INFERTILITY: ANALYSIS OF IMPACTS AND CONSEQUENCES

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INTRODUCTION

Obesity is becoming a growing health problem around the world. This condition impacts several aspects, including male infertility. Marital infertility is characterized by the inability to achieve pregnancy after a year of trying, without the use of any contraceptive method and being overweight can be one of the risk factors. In this context, this article will analyze the relationship between obesity and male infertility.

GOAL

The article aims to analyze evidence on the relationship between obesity and male infertility.

METHODS

To carry out this study, a systematic review of the literature was conducted on the PubMed platform, with the aim of identifying relevant publications that linked obesity to male infertility.

RESULTS

Analysis of studies reveals that the global prevalence of obesity is increasing, with severe impacts on people's health. It can negatively affect male reproductive health through several complex mechanisms, such as hyperlipidemia, hyperinsulinemia, hyperandrogenism, and systemic inflammation. The evaluation of these cases, as well as the management of obesity, on the other hand, can bring benefits to the male factor, affecting pregnancy. Studies indicate that interventions, such as herbal medicine, have the potential to improve reproductive health parameters in obese men, including suppressing lipogenesis, increasing testosterone levels, and improving ejaculate parameters, while attenuating dyslipidemia, oxidative stress and inflammation.

CONCLUSIONS

The study reveals that obesity can significantly affect male infertility. Therefore, it is essential to adopt specific approaches to mitigate these effects. Interventions such as herbal medicine, which can result in increased testosterone levels and improved ejaculate quality, as well as reducing inflammation and oxidative stress, show promise. Investing in additional research and promoting these therapies could improve the reproductive health of men with obesity.

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