

LIFESTYLE AND OCCUPATIONAL RISK FACTORS ASSOCIATED WITH MALE INFERTILITY 2004

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Abstract

A case control study on the lifestyle and occupational risk factors associated with male infertility among forty males attending Infertility clinic, SAT Hospital, Thiruvananthapuram, was conducted during the period October-December 2007. The data was collected from forty cases and eighty controls, matched for age, using a pre-structured questionnaire. The data collected included personal details, exposure to occupational risk, duration of smoking and alcoholism, exposure to harmful chemicals, use of mobile phones etc.

Major conclusions obtained are:

- Smokers with pack years greater than or equal to 12 have 14.2 times risk for becoming infertile.
- Persons exposed to harmful chemicals have 6.5 times more risk of developing male infertility than those not exposed.
- Persons who wear tight undergarments have 2.8 times more risk for developing male infertility than those who do not.

- There is 12.7 times more risk for developing male infertility in obese males than otherwise.
- Males who are keeping mobile phone in pants for more than 5 years have an increased risk for developing male infertility 21.7 times more than those compared to non users and those who are keeping them in shirt pockets.
- Males getting married late (≥ 35 years) have 10.2 times more chance for developing infertility.