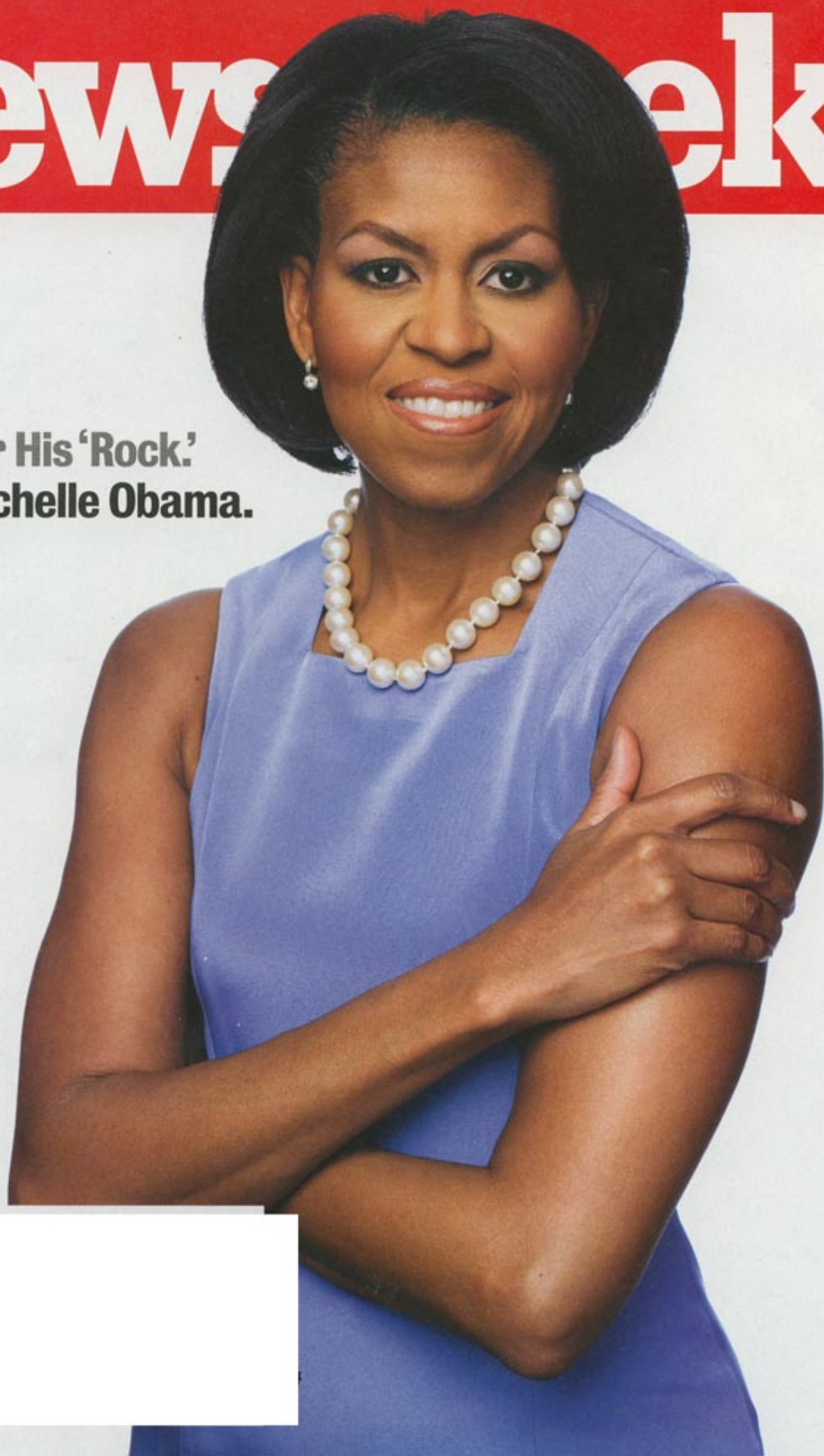


FAREED ZAKARIA ON THE END OF A CONSERVATIVE AGE

# Newsweek

**He Calls Her His 'Rock.'  
The Real Michelle Obama.**



PHOTOGRAPH BY NICK OLSON



## FERTILITY

# Get Your Sperm Moving

By KAREN SPRINGEN

**L**IKE MANY COUPLES, BRIAN DELANEY, 35, and his wife, Daniela, 34, turned to in vitro fertilization after failing to conceive on their own. But after five attempts and an investment of \$150,000, IVF failed them as well. Then Brian saw a male-infertility specialist, Columbia University's Dr. Harry Fisch, who discovered that Brian's low sperm production could be corrected through microsurgery. Three months later, Daniela was pregnant. Last November she delivered a baby boy, Harrison.

Long overlooked, male infertility has become a fruitful field of research. Doctors now know that, when a couple fails to conceive, the problem lies with the man as often as with the woman. And as the Delaneys learned, recent advances have dramatically improved experts' understanding of how to diagnose, treat and prevent the condition. "Anything that makes the body unhealthy—a disease, toxins, excessive alcohol—will hurt fertility," says UCSF urologist Paul Turek. "But most of these things that hurt fertility are reversible." Some tips for men:

**Prune your prescriptions.** Among the commonly prescribed medicines that can affect fertility or libido are SSRI antidepressants like Prozac, beta blockers for hypertension, alpha blockers like Flomax (used to treat the symptoms of an enlarged prostate), the stomach-ulcer drug Tagamet and pain medications like morphine and oxycodone.

Men who are trying to conceive should also avoid using anabolic

steroids and testosterone creams and injections because they shut down the body's production of testosterone and sperm. "The body loves it, but the testicles hate it," says Turek. "They say, 'Well, there's plenty of testosterone. I don't need to make testosterone or sperm myself!'"

**Have more sex.** It sounds obvious, but some busy couples don't make enough time for it. During ovulation—about 10 to 18 days after a woman's period starts—couples should have sex every other day to "optimize sperm motility," says Fisch, who is also the author of "The Male Biological Clock." After five days without sex, a man has a higher volume of fluid, which dilutes the concentration of sperm and makes them less active.

**Stay fit.** Doctors are seeing more men with obesity-caused infertility. Fat converts testosterone to estrogen, and obese men (or those with a waist circumference of more than 40 inches) are more prone to erectile dysfunction. Men with type 2 diabetes, often associated with obesity, are more prone to low testosterone levels, which negatively affect libido and sperm production.

Doctors can prescribe anti-estrogens like Clomid, used to increase egg production in women, to stimulate testosterone production and, in many men, sperm production.

**Have sex every other day during ovulation to make sure sperm stay undiluted and active.**

**Stay cool.** Heat can damage sperm cells, so stay out of hot tubs, avoid putting your laptop on your lap and don't sit for long periods of time with your legs crossed or pressed together, says Dr. Peter Schlegel, chairman of

## FITNESS

# A Cold-Weather Workout

**B**ABY, IT'S COLD OUTSIDE. But don't let that stop you from exercising outdoors. TIP SHEET spoke to Dr. Robert Marx of the Hospital for Special Surgery in New York for ideas on how to stay warm.

**Bundle up.** Dress in layers and choose your materials carefully. Make sure your outer layer is made from materials that repel wind and precipitation, like microfiber or Gore-Tex. Don't wear cotton next to your skin, as it traps moisture and causes your body to lose heat faster. Opt instead for moisture-wicking fabrics, like Patagonia's Capilene ([patagonia.com](http://patagonia.com)) or Eastern Mountain Sports' Techwick ([ems.com](http://ems.com)), which keep you drier.



### Decrease the intensity.

When your muscles are cool, they are weaker, decreasing your power and speed. "You just can't do in the real cold what you can when it's warm," says Marx. "If you normally run five miles in 40 minutes, don't plan on it."

**Alter your routine.** Have a longer warm-up to better heat your body. Exercise in the afternoon, when temperatures are at their peak. Then get warm at home and be glad you didn't use the cold as an excuse to hibernate.

—CHRISTINA GILLHAM