

Fastfacts

Men, fertility and impotence

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- tobacco smoking is substantially harmful to fertility and sexual health in men
 - paternal smoking before conception and during pregnancy is associated with birth defects
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Men's sexual health

- there is clear evidence of a relationship between cigarette smoking and erectile dysfunction
 - cigarette smoking appears to increase the association of erectile dysfunction with coronary artery disease and hypertension
 - compared with never smokers, former smokers and current smokers have significantly higher odds of erectile dysfunction
 - smoking may increase the likelihood of moderate or complete erectile dysfunction by 100%
 - some research suggests that nicotine may significantly reduce sexual arousal in healthy non-smoking men
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Fertility

- cigarette smoking affects almost every system involved in the reproductive process
 - cigarette smoking reduces sperm production and the body's ability to counteract harmful effects from free radicals, and causes DNA damage
 - sperm from smokers have reduced fertilizing capacity, and embryos display lower implantation rates
 - in-utero exposure to second-hand smoke may lead to reduced sperm count in adult life
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Foetal abnormalities

- paternal smoking before conception through to early pregnancy has been found to increase the risk of heart defects
- it has been suggested that there is a modest adverse effect caused by a link between pre-birth paternal second-hand smoke exposure and birthweight
- the introduction of smoke-free legislation has been linked to reductions in stillbirth, low birth weight, and neonatal and infant mortality.