

Lifestyle and Environmental Factors Affecting Fertility in Men

Mina Pencheva^{1*}, *Yveta Koeva*¹,
*Antoaneta Tosheva*¹, *Desislava Ankova*²

¹ *Department of Anatomy, Histology and Embryology, Medical University of Plovdiv, Bulgaria*

² *Institute of Biology and Immunology of Reproduction Acad. Kiril Bratanov, Sofia, Bulgaria*

*Corresponding author: e-mail: minapencheva@ymail.com

Quality indicators of sperm studies have deteriorated in all industrialized countries in the world, prompting scientists to seek the reasons for these bad results. Till now lifestyle has been overlooked as a factor, but today more and more attention is paid to it as a reason for the poor results. It was impossible using the uncontested statistical data to prove which of the environmental factors and the way of the daily life of modern man affect his health and in particular the male reproductive function. But looking at the recent past and taking into account the changes that occur in the last 100 years, we cannot fail to take account of changes in way of eating, use of hormones, chemicals, antibiotics in the processing of food, lifestyle and more accurate the sedentary life compared to the time spent outdoors performing active physical activity, stress that we are subjected daily, affects human health and in particular the quality of sperm parameters.

Key words: infertility men, semen analysis, sperm morphology, lifestyle