Journal of Research in Ecology

An International Scientific Research Journal

ISSN No: Print: 2319 –1546; Online: 2319-1554

Study of the relationship between anthropometric indices and the status of sperm in infertile men referred to IVF center of Fatemieh hospital, Hamedan

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ABSTRACT:

Infertility is one of the most common problems in the present day society that the stress arising from it reduces confidence, increases anxiety and, finally, decreases erectile dysfunction. Furthermore, having experienced the grief of not having children cause families to suffer from various physical and mental problems so that the psychological pressures and nervous tensions associated with infertility is devastating. Considering the importance of this issue, this study aimed to investigate the relationship between the anthropometric indices and the status of sperm in infertile men. 350 infertile men were participated in this cross-sectional study. Ensuring the absence of any other disease, demographic and anthropometric data (weight, height), body fat percentage, and sperm parameters were collected. In this study, SPSS.16.5 software was used for statistical analysis. In order to compare quantitative traits the Pearson correlation test was used. To compare quantitative traits, such as sperm, at different levels of BMI and/or body fat percentage, the analysis of variance (ANOVA) and T- test were also used. In this study, no statistically significant relationship was observed between BMI and sperm parameters, but there found relation between fat mass percentage and sperm count. It is necessary to encourage them to do physical activity and use proper nutrition.

Keywords:

Anthropometric, Body Mass Index (BMI), Sperm, Infertility