



Infertility isn't always related to the woman – male infertility is common and some sources put the figure as high as seven per cent of all men.

Stephen Harbottle, expert on all things [sperm](#)-related and former Chair of the Association of Biomedical Andrologists, advises a healthy balanced diet to maintain [sperm](#) health, alongside avoiding hot baths, sitting in one place for too long and tight underwear to minimise overheating, which can be damaging to [sperm](#).

We analyse over 200 samples a month from men, testing for evidence of [sperm](#) presence and [sperm](#) quality. They also provide a range of fertility treatments including IVF and ICSI. To find out more, or to book onto their information session on Tuesday, September 29 call 01223 349010.

[You can read the full article on the Cambridge News website here.](#)

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