



PATIENT'S FACT SHEET: **TERATOSPERMIA**

Empiric treatment which sometimes can improve semen analysis

- Vitamin E 800 I.U. (International Units) daily
- Vitamin C 1000 mg daily
- Zinc sulfate 66 mg daily
- Wear boxer shorts instead of Jockey shorts and try to avoid prolonged exposure to heat.
Testicles produce sperms better if they are at a temperature slightly less than body temperature
- Avoid smoking (both tobacco and marijuana)
- Avoid excess alcohol and caffeine intake

Rev. 6/04