

УДК 613.013.12

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ЭПИДЕМИЯ БЕСПЛОДНОСТИ. ФАКТОРЫ, ВЛИЯЮЩИЕ НА МУЖСКУЮ РЕПРОДУКТИВНУЮ СИСТЕМУ

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Опираясь на научные исследования, в данной статье мы рассмотрели факторы, негативно влияющие на мужскую репродуктивную систему. Мы предприняли попытку проанализировать в какой группе риска находится репродуктивная система среднестатистического россиянина в современном мире, ведущего размеренный образ жизни в условиях пребывания в городской местности.

Ключевые слова: репродукция, сперматогенез, тестостерон, образ жизни.

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EPIDEMIC OF INFERTILITY. FACTORS AFFECTING THE MALE REPRODUCTIVE SYSTEM

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Based on the scientific research, this article examines factors that negatively affect the male reproductive system. We made an attempt to analyze which risk group the reproductive system of an average Russian male in the modern world, leading a regulate lifestyle in an urban area, belong to.

Key words: reproduction, spermatogenesis, testosterone, lifestyle.

In the modern world, the percentage of married couples facing the problem of conceiving a child after more than a year of regular sexual activity without the use of contraceptives is growing. After a year of «attempts», the couples face the problem of infertility. According to the statistics, men are responsible for about 40% of failures related to conception. Every day the number of factors that 11 9 2 reduce the reproductive function of men increases, which in turn increases the number of problems associated with childbirth. How does the modern lifestyle affect male reproduction?

1) A large amount of plastic and its derivatives.

Bisphenol A is an endocrine disruptor, a chemical compound that can inhibit the functions of the endocrine system [1]. It is the main substance of polymer materials in children's toys, plastic dishes, packaging. It is present in all water resources, from drinking water to running water. According to the results of the study, it has 100% of ejaculate abnormalities.

2) The modern routine of men.

A major role in high-quality spermatogenesis is played by the presence of regular physical activity, a sufficient amount of time in the open air, the volume of circulating oxygen and blood in the body, and quality sleep. So, according to the studies, with lack of sleep for 1 week, the level of testosterone, the main “male” hormone is decreased by 10-15% [2]. Lack of physical activity inevitably entails a decrease in the quality of blood circulation and nutrition of the body as a whole

and causes atrophy and weakening of muscles, the quantity and quality of which directly correlates with testosterone levels.

3) Lack of nutrition.

Irregularity and improper nutrition, malnutrition, overeating inevitably entail problems such as eating disorders, gastrointestinal diseases, weight loss, or obesity, decreased immunity, which directly affect the gametogenesis of an organism of either sex. In the case of the male body, the most acute problems are 1) obesity, according to which every third Russian now suffers, entailing a failure of the endocrine system with a bias towards the production of “female” sex hormones and 2) lack of vitamins and microelements, especially healthy fats, vitamin A and D, Zinc, Manganese, proteins - all these elements are directly involved in the adrenal synthesis of testosterone.

4) Lots of medications.

The amount of medications a man takes during his life has a huge impact on the male body and sperm quality [3]. So, recently, more and more studies have appeared on the topic of the harm of drugs for certain body systems - drug-induced hepatitis, infertility due to uncontrolled use of drugs, consumption of antibiotics through meat and dairy products, which reduce the quality of male ejaculate.

5) Uncontrolled sex life. Urogenital infections.

When considering male infertility, urogenital infections account for 8% of the causes of infertility [4]. With an increase in the number of unprotected sexual intercours, the number of patients with venereal diseases increases, out of which the most common are HIV, syphilis, gonorrhea, urethritis, chlamydia, trichomoniasis.

Analysis of the studies and scientific sources devoted to the development of the problem of how modern lifestyle affects male fertility, we can come to the conclusion that every year the number of factors affecting fertility is only growing. However, there are more factors influencing negatively than positively.

It is also important to pay close attention to self-care. We have necessity to conduct public events to educate people about these factors, approve new standards for the plastic production and pharmaceutical regulations. One of decisions is adding a lesson such as sexual education where we can teach men how to watch their health, take self-care, and attach significance to the protection of genital life. The problem of mass male infertility can still be solved before the critical point of no return has arrived.

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