

FERTILITY & HORMONES

A Semen Analysis Is a Photograph, Not a Portrait

One test only tells you where you stood on that day, not where you stand now.

Swipe

THE OLD ASSUMPTION

One Test, Treated As Fact For Life

It came back with numbers, someone said fine or not fine, and that was it, forever.

THE STUDY

902 Men, Tested Twice, Years Apart

An IVF unit compared each man to himself on a second test, average gap 1,015 days.

THE HEADLINE NUMBER

A Third Went From Normal to Abnormal

Among men who started with a clean result, 33.5% no longer had one by the next test.

WHAT ACTUALLY DROPPED

Concentration, Motility, Total Motile Count All Fell

Concentration down 6.53 M/ml, motility down 7.74%, total motile count down 21.80 M.

DON'T CELEBRATE THIS PART

The Abnormal Group Got Better, But That's a Trick of Statistics

Volume, motility and total motile count all rose in men who started abnormal, most likely regression to the mean, not recovery.

THE ONLY PREDICTOR

Age Didn't Predict Decline. Time Did.

Men in their thirties declined just as much as men in their fifties.

THE BOTTOM LINE



The Useful Unit Is a Trajectory, Not a Number

One test tells you where you stand. Two tell you which direction you're going, and direction is what you can still change. General information only, not medical advice.