

壓力會影響精蟲的品質！

許多前來諮詢助孕問題的待孕夫妻都很關心,如何增加懷孕力,而一個成功的懷孕,至少需要具備這三要件：精子、卵子與子宮，缺一不可。

2014年有一篇刊登在American Society for Reproductive Medicine的文章，就是針對工作壓力、感知壓力與壓力事件對於精蟲的活動力、數量與正常型態是否有影響。這研究從2005-2008共蒐集193位男性,結果發現:一年內曾經經歷大於等於2個壓力事件的人,比起沒有經歷壓力事件的人來說,會有比較低的精蟲活動力.數量或精蟲型態，換句話說就是壓力對於精蟲的狀況是有不好的影響～

所以在此提醒各位待孕夫妻，懷孕固然重要，保持身心靈的愉快也是很重要的喔！

Effects of work and life stress on semen quality

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Objective: To evaluate associations between work-related stress, stressful life events, and perceived stress and semen quality.

Design: Cross-sectional analysis.

Setting: Northern California.

Patient(s): 193 men from the Child Health and Development Studies evaluated between 2005–2008.

Intervention(s): None.

Main Outcome Measure(s): Measures of stress including job strain, perceived stress, and stressful life events; outcome measures of sperm concentration, percentage of motile sperm, and percentage of morphologically normal sperm.

Result(s): We found an inverse association between perceived stress score and sperm concentration (estimated coefficient $b = -0.09 \times 10^3/\text{mL}$; 95% confidence interval [CI] = $-0.18, -0.01$), motility ($b = -0.39$; 95% CI = $-0.79, 0.01$), and morphology ($b = -0.14$; 95% CI, $-0.25, -0.04$) in covariate-adjusted linear regression analyses. Men who experienced two or more stressful life events in the past year compared with no stressful events had a lower percentage of motile sperm ($b = -8.22$; 95% CI, $-14.31, -2.13$) and a lower percentage of morphologically normal sperm ($b = -1.66$; 95% CI, $-3.35, 0.03$) but a similar sperm concentration. Job strain was not associated with semen parameters.

Conclusion(s): In this first study to examine all three domains of stress, perceived stress and stressful life events but not work-related stress were associated with semen quality. (Fertil Steril® 2014;102:530–8. ©2014 by American Society for Reproductive Medicine.)

Key Words: Semen quality, stress, work

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