Male Fertility and Marijuana - What Every Couple Should Know Transcript

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Introduction: Male Fertility and Marijuana

Male fertility and marijuana, what every couple should know. When couples struggle with fertility or experience pregnancy loss, most of the focus goes to the woman's body.

But there's a critical piece of a puzzle that often gets ignored, and that's male reproductive health. specifically the impact of marijuana use. If you're trying to conceive, this information could be the missing link that you've been searching for.

Marijuana use in men has been consistently linked to impaired fertility through multiple mechanisms.

How Sperm Production Is Controlled

So I'm gonna break it down in a way that makes sense, okay? So first, we're gonna talk about how sperm are made. Sperm production is controlled by two hormones from the brain called FSH and LH.

These hormones send signals to the testicles saying, make sperm, produce testosterone. Think of them like a manager sending work orders to employees. When men use marijuana, THC binds to receptors in the brain and testicle and blocks these signals.

THC Effects on Hormones and Sperm Quality

Without proper FSH and LH signaling, testosterone production drops, sperm count decreases, and the quality of sperm that are produced is significantly compromised.

Research shows that men who use marijuana have lower sperm counts. They have reduced sperm motility, meaning that they don't swim as well, and they have abnormal morphology.

So it means that their oddly shaped. But the most concerning effect is DNA fragmentation. DNA Fragmentation means the genetic material inside the sperm is broken or it's damaged.

trying to build something with instructions that have pages missing or sentences are all scrambled.

DNA Damage and Miscarriage Risk

That's what happens when the sperm with fragmented DNA try to create an embryo. This DNA damage has real consequences and studies show that when men use marijuana at least once a week during preconception, their partners have roughly double the risk of miscarriage.

this is true even when a female partner doesn't use Marijuana at all. The risk is highest for early pregnancy loss, meaning miscarriages that happen before eight weeks, and it's even higher in men over age 35. So why does it happen?

Well, damaged sperm DNA leads to chromosomal abnormalities in the embryo. When the embryo's genetic material is abnormal, the body recognizes this and terminates the pregnancy.

Marijuana use also creates oxidative stress in the reproductive system. So think of oxidated stress like rust on a car.

Oxidative Stress and Epigenetic Changes

It damages cell membranes, it disrupts mitochondria, which power the sperm's movement. And it creates an inflammatory environment that makes conception much more difficult.

Animal studies and cell research show that THC exposure can cause epigenetic changes in sperm. Epigenetics means that the chemical tags on the DNA that control how genes are expressed, okay?

When these tags are altered, it can affect how the embryo develops. Some studies even show testicular atrophy or shrinkage in chronic marijuana users, along with reduced sperm viability.

Now here's the good news. Sperm take approximately three months to fully mature. That means when men stop using marijuana, their bodies can produce healthier sperm with better DNA integrity within that timeframe.

Recovery is possible, but it does require commitment from both partners.

Recovery After Quitting Marijuana

If you're planning to conceive or have experienced pregnancy loss, optimizing male fertility is not optional. It's essential. Both partners need to be at their healthiest for the best chance of a successful, healthy pregnancy.

And this means addressing not just marijuana use, But also nutrition, stress management, sleep quality, environmental toxin exposure. Male fertility optimization is a comprehensive process.

And at Thriving Proof, we help couples identify and address the root causes of fertility challenges.

Comprehensive Male Fertility Optimization

We look at hormonal health, toxin burden, nutritional status, and lifestyle factors for both partners. If you wanna give your future baby the healthiest possible start, now's the time to take action.

You can visit thrivingproof.com to learn more and you can schedule a free call with us to get an idea if this is something that might be a good fit for you.

You can call us at 207-358-0748. Let's create your personalized plan to a healthy pregnancy.