

Could all those cups of coffee be causing infertility in men?

Caffeine is the most widely consumed psychoactive drug in the world. Hundreds of millions of people are technically junkies, imbibing that morning brew simply to stave off the fatiguing effects of caffeine withdrawal.

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Yet, an arena that has surprisingly escaped noticeable study is caffeine's link to male infertility. A group of Italian researchers recently filled the information gap with a [systematic review](#) published to the Nutrition Journal. The reviewers turned up 28 relevant studies featuring nearly 20,000 subjects. They then scrutinized each study to uncover caffeine's effects on semen quality, sperm DNA, and the time required to conceive.

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The reviewers didn't find any adverse effects of caffeine intake on semen volume, sperm count, sperm concentration, or sperm motility. However, one study did find that men drinking more than four cups of coffee per day had a slightly higher proportion of abnormally shaped sperm.

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A number of studies found that daily caffeine intake is associated with increased sperm DNA damage in the form of double-strand DNA breaks and aneuploidy, the presence of an abnormal number of chromosomes. Conceivably, [such damage could lead to difficulty conceiving](#) or a higher rate of genetic aberrations in children.

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According to current scientific evidence, men consuming caffeine in moderation shouldn't be too concerned that their habit will hinder their fertility.

[The original study can be found [here](#)]

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Is Caffeine Linked to Male Infertility?](#)