

## Cannabis and male fertility: Here's how smoking marijuana affects sperm quality

A recent study published in [Cannabis and Cannabinoid Research](#) indicates a potential link between cannabis use and an increase in testosterone, improved sperm motility, and decreased sperm concentration. The findings shed light on how the Cannabis Act in Canada (implemented in October 2018) impacted the use, semen quality, and testosterone levels of men with fertility challenges.

The retrospective cohort study examined trends over two decades using data from pre-cannabis legalization eras (PRCL) and post-cannabis legalization eras (POCL). The cohort included 11,630 patients. The research team analyzed the database of an infertility clinic to correlate demographic, fertility, and substance use history with semen and hormone assessments. The research team found a 10% increase in cannabis consumption among men with potential infertility.

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Semen concentration was lower in the POCL group. Testosterone did not differ between the cohorts. Comparison between cannabis users and nonusers demonstrated a slight increase in sperm motility) and decreased sperm concentration among users).

A [previous study](#) also found cannabis use impacted semen quality. The findings indicated that cannabis consumption negatively affected morphology and volume, but the study also suggested cannabis may play a role in preventing abnormal sperm motility.

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