

COMMUNITY NEWSLETTER!



UNDERSTANDING OF THE IMPACT OF MEN'S HEALTH ON PREGNANCY

Did you know that for approximately 40% of couples who are having trouble conceiving a child, the problem is found in the male partner?...No?

Well, that may be because infertility has traditionally been framed as a "women's issue". Quite often we see women being cautioned to watch out for their daily diet as well as smoking and drinking habits in order to protect their reproductive health, but men almost never receive the same warning. However, recent research has illustrated that low sperm counts or damaged sperm can impact pregnancy outcomes, such as miscarriage, low birth weight, and childhood illnesses.

Lifestyle habits such as stress, smoking, and excessive alcohol intake as well as nutrient-deficient diets have also been linked to sperm robustness. Other environmental factors, such as pesticides and endocrine disruptors (BPA, chemicals often found in common items such as personal-care products and plastic containers), may contribute to male infertility.

With that being the case, men's reproductive health isn't just the absence of STDs. In fact, male sexual health is defined as a state of well-being that allows a man to fully participate in and enjoy sexual activity. Consequently, it refers to a range of physical, psychological, interpersonal, and social factors that influence a man's overall health and well-being.

For these reasons, both parents need to start thinking about what they eat and how they live their lives well before they decide to conceive. Men should also talk to their doctor if they experience a sudden change in their sex drive, the ability to have sex, erectile dysfunction, problems with ejaculation, and/or infertility.

IN THIS ISSUE:

**Men's Reproductive Health &
It's Affect on Pregnancy!**

**The Truth Behind Family
Planning: The Secrets
Revealed**

**QUIZ: How much do you
know about men's
reproductive health?**

FAMILY PLANNING: An Incredibly Easy Method That Saves Lives!

In 2020, there were over 64.5 million women of reproductive age (15-44) in the United States according to the US Census Bureau. Despite this large number, many topics regarding maternal health (health of women during pregnancy, childbirth, and the postnatal period) are often overlooked. For instance, when it comes to pregnancy-related deaths, the United States has more than the majority of other developed nations in spite of spending more than any other country on hospital-based maternity care.

Sadly, many of these deaths could have been preventable. According to Pew Research Center, six out of ten (60%) maternal deaths are preventable. Consequently, it is important to know the facts in order to protect yourself and your family.

Family planning can be defined as the ability of individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births. More specifically, family planning refers to how many children an individual hopes to have and when they hope to have them.

Raising a child requires significant amounts of resources like time, money, and even emotions. Consequently, planning for a child can help you avoid numerous problems that an unplanned pregnancy might bring. Below are a few things you should consider when creating a family plan:

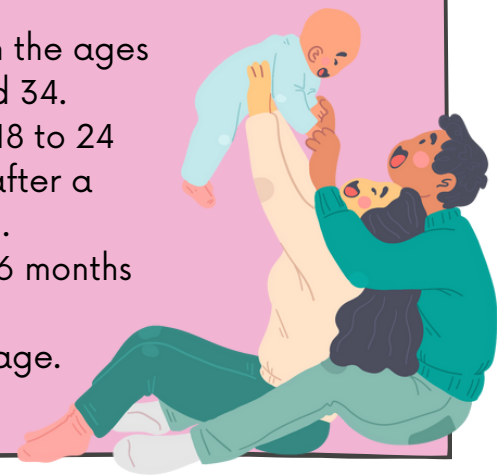
Family planning saves the lives:

- Children are more than twice as likely to survive infancy if mothers followed the recommended birth spacing of 18-24 months.
- Women with five or more children are 1.5 to 3 times more likely to die from complications of pregnancy and childbirth than women with two or three children.
- Nearly one-third of all infant deaths occurred to women under the age of 18 and women who had births too close together.



The healthiest times for a woman to become pregnant are:

- Between the ages of 18 and 34.
- At least 18 to 24 months after a live birth.
- At least 6 months after a miscarriage.



Before pregnancy you should consider:

- The number of children you currently have, and how many you want.
- The impact another child would have on the well-being of your family physically, emotionally, and financially
- The reproductive health of both parents involved.



Not ready to become pregnant? Here are some of the most common options ranked from most effective to least effective:

- Sterilization (Permanent birth control method)
- Abstaining from Sex
- The Contraceptive Implant
- Intrauterine Device (IUD)
- The Contraceptive Injection
- Oral Contraceptive
- Hormonal Rings
- Hormonal Patch
- Diaphragm
- Male Condom (effective against STDs)
- Female Condom
- Emergency Contraception Pill (The 'Morning After' Pill)





ARE YOU AN EXPERT ON MALE REPRODUCTIVE HEALTH?

Take this 4 question quiz to see how much you know about Men's sexual Health!



True or False? Every passing year, older men are more likely to develop new mutations in their sperm, which have been linked to an increased risk of autism and schizophrenia in their children?

- A** True
- B** False
- C** IDK

Most didn't know that sperm takes _____ to grow in the male body, which is the key window before conception when their behaviors and exposures probably matter most.

- A** 1 to 2 Weeks
- B** 2 to 3 Months
- C** 6 months up to one year

Processed meats, trans fats, soy products, pesticides, BPA, and high fat dairy products are all known to decrease sperm count and sperm quality.

- A** True
- B** False
- C** Everything is True except for high fat dairy products

Which foods can increase male fertility and improve sperm health?

- A** Tofu, high fat dairy products, and fruits
- B** Vegetables, Shellfish, and carbohydrates (bread)
- C** Fish, fruits, vegetables, and walnuts

Answers:

1. A True 2. B 2 to 3 Months 3. A True 4. C Fish, fruits, and vegetables

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What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education,



breastfeeding education, women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.

Upcoming Events

June 3rd 12:00pm - 1:00pm
**Preconception Health Lunch & Learn:
Men's Reproductive Health**



To attend this monthly webinar series please email Symone Holliday, CAHSC Communications & Administrative Assistant for the registration link at symone@capitalareahealthystart.org



Please click [HERE](https://www.capitalareahealthystart.org/connect-program/) to learn more or visit our website at www.capitalareahealthystart.org/connect-program/