

# Laptops can affect men's chances of having children

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If you are a man who is thinking about having children sometime in the future, you might want to reconsider how you use your laptop. Having a frequent habit of placing your laptop on your lap may affect your chances of having children.

"Laptops are becoming increasingly common among young men wired into the latest technology," said Suzanne Kavic, MD, director of the Division of Reproductive Endocrinology at the Loyola University Health System and associate professor in the Department of Obstetrics & Gynecology and the Department of Medicine at Loyola University Chicago Stritch School of Medicine. "However, the heat generated from laptops can impact sperm production and development making it difficult to conceive down the road."

Kavic recommends placing laptops on desktops to prevent a decrease in [sperm count](#) and motility. Other leading causes of male infertility include varicocoeles, or enlarged varicose veins in the scrotum. This condition can raise the temperature in the testicles and damage or kill sperm. Other reasons include genital injuries or defects, certain sexually transmitted infections, prostatitis (an infection or inflammation of the prostate), immune and hormonal disorders and erectile dysfunction. Kavic also notes that underlying health issues and medications may be to blame for fertility issues.

"Medications for depression, blood pressure and certain heart conditions may lower libido or cause impotence," Kavic said. "Men should talk with

their physicians to see if medication is necessary, or if they can switch to another with fewer side effects."

Provided by Loyola University Health System

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