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Awards:
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Accept Complete Responsibility: I accept complete responsibility for the data at the time of submission.

Title: ANTIBIOTICS AND MICRONUTRITIONAL BLEND TO ENHANCE FERTILITY POTENTIAL IN MEN WITH ABNORMAL SEMEN QUALITY

Objective: Objective of this study was to explore the effect of empirical treatment by antibiotics
and micro nutritional blends in infertile men having idiopathic oligozoospermia, asthenozoospermia and oligoasthenozoospermia.

**Design:** prospective cross sectional study

**Materials and Methods:** This prospective cross sectional study was undertaken at Infertility Care and Research Centre (ICRC) Dhaka, Bangladesh between September 2005 and December 2007. Two hundred and seven (n=207) oligo, astheno and oligoasthenozoospermic patients were the target population for this study. Thorough infertility evaluation was done to identify idiopathic oligo, astheno and oligoasthenozoospermia. Female partners were also evaluated to exclude bilateral tubal blockage, pelvic inflammatory diseases, endometriosis, uterine pathology and resistant PCOS. Male partners were divided into three groups (69 patients in each) for I) Antibiotics (Doxicycline 100mg bid for 1 month) and micronutrients, II) only micronutrients and III) no intervention as control. Micronutrients intake per day included Vit C-1 mg, Vit E- 800 IU, Vit B12-1000 mcg, Zinc-120 mg, Carnitine-2.64 mg. Treatment was continued for three months. Semen analysis was repeated at the end of two and three months. Main outcome measures were improvement of semen parameters and pregnancy rate.

**Results:** Before treatment all patients' characteristics were comparable. After treatment, there was significant improvement both in sperm concentration and motility in group I and II (p <0.05). In group III where there was no intervention, we saw no improvement of semen parameters (p >0.05). Six patients (8.70%) from group I and 12 patients (17.39%) from group II got pregnant within 3 months of observation. No one got pregnant from group III.

**Table 1: Outcome of treatment**

<table>
<thead>
<tr>
<th>Groups</th>
<th>No of patients in each group</th>
<th>Improvement N (%)</th>
<th>Pregnancy N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group I</td>
<td>69</td>
<td>57 (61%)</td>
<td>6 (8.70%)</td>
</tr>
<tr>
<td>Group II</td>
<td>69</td>
<td>48 (69.55%)</td>
<td>12 (17.39%)</td>
</tr>
<tr>
<td>Group III</td>
<td>69</td>
<td>6 (8.70%)</td>
<td>0 (00%)</td>
</tr>
</tbody>
</table>

**Conclusions:** Empirical use of antibiotics and micronutrients in idiopathic oligo, astheno and oligoasthenozoospermia can improve sperm quantity and quality and aid a couple in achieving pregnancies.

**Support:** None.

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