ABSTINENCE DAYS AND OXIDATIVE STRESS IN INFERTILE MEN
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Aims
The aim of our study was to correlate the levels of Reactive Oxygen Species (ROS), total antioxidant capacity (TAC) and ROS-TAC score in different abstinence days in infertile men and healthy controls.

Methods
Semen specimens were obtained from 167 patients attending the male infertility clinic and nineteen healthy men between 1997 to 1998.

Results
ROS levels were not correlated with the abstinence days in any of the different clinical diagnosis (r = -0.03, p = 0.54). As well as the ROS levels, TAC (r = 0.08, p = 0.16) and ROS-TAC score (r = 0.08, p = 0.207) were not correlated with the abstinence days in infertile patients. ROS levels did not correlate with abstinence days in normal healthy controls (r = -0.27, p = 0.23). However, TAC levels (r = 0.535, p = 0.02) and the ROS-TAC score (r = 0.60, p = 0.01) did correlate with the abstinence days in normal healthy donors.

Conclusions
Increase in the abstinence days did not reduce the seminal oxidative stress in infertile men. However, it seems that normal healthy donors have lower oxidative stress as the abstinence days increase from 2 to 7 days. Our data suggests that maybe the abstinence days before collecting a semen sample should be increased in sperm banking donors.