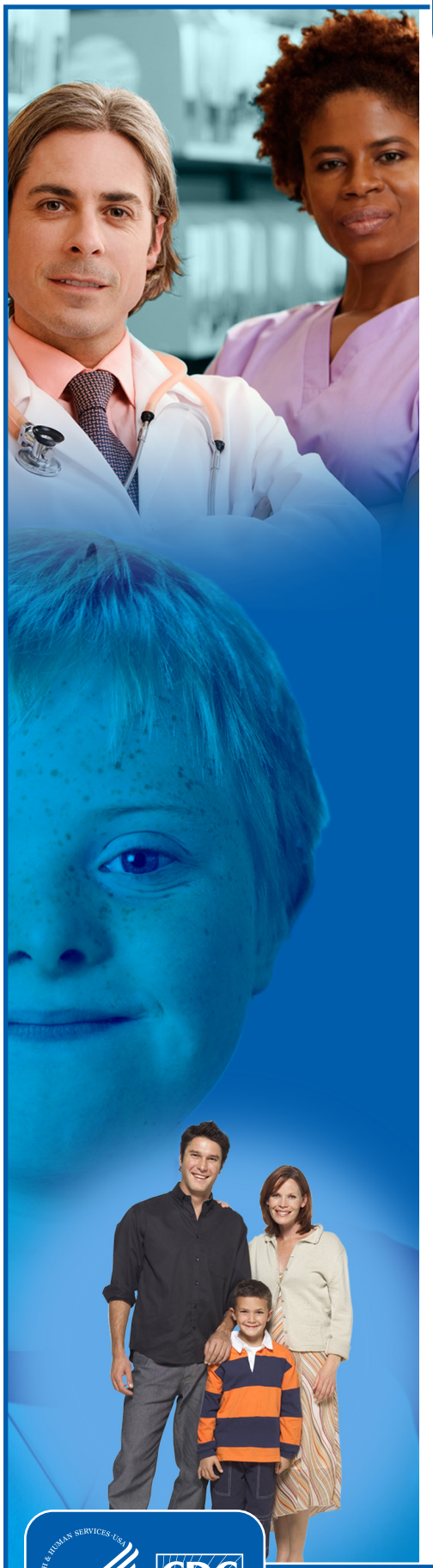
Preconception Clinical Care for Men
Personal History



Preconception care offers an opportunity, similar to the opportunity it presents for women, for disease prevention and health promotion among men. In addition, preconception care for men is an important factor in improving family planning and pregnancy outcomes for women, enhancing the reproductive health and health behaviors of men and their partners, and preparing for fatherhood.

Family History and Genetic Risks

Genetic risk assessment should be based on family history, paternal age, and ethnicity. A three-generation family history of genetic disorders should be obtained, as certain disorders (sex-linked or autosomal recessive) can skip generations. A number of genetic disorders, such as cystic fibrosis, Klinefelter syndrome, Kartagener syndrome, and polycystic kidney disease, can impair fertility and sperm quality.

Past Medical and Surgical Histories

The provider should ask about the patient's past medical and surgical histories, including any ongoing medical conditions that might impair his reproductive health. Several medical conditions have been associated with reduced sperm quality and fertility issues, including obesity, diabetes mellitus, varicocele, sexually transmitted infections (STIs), and cancer treatments during childhood.

More Information

This fact sheet is part of a series on the clinical content of preconception care for men. Other fact sheets in the series include:

- Health Promotion
- Exposures

To see the complete list of the preconception clinical content and description of how the content was selected and rated, please visit: www.cdc.gov/preconception/careformen.

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