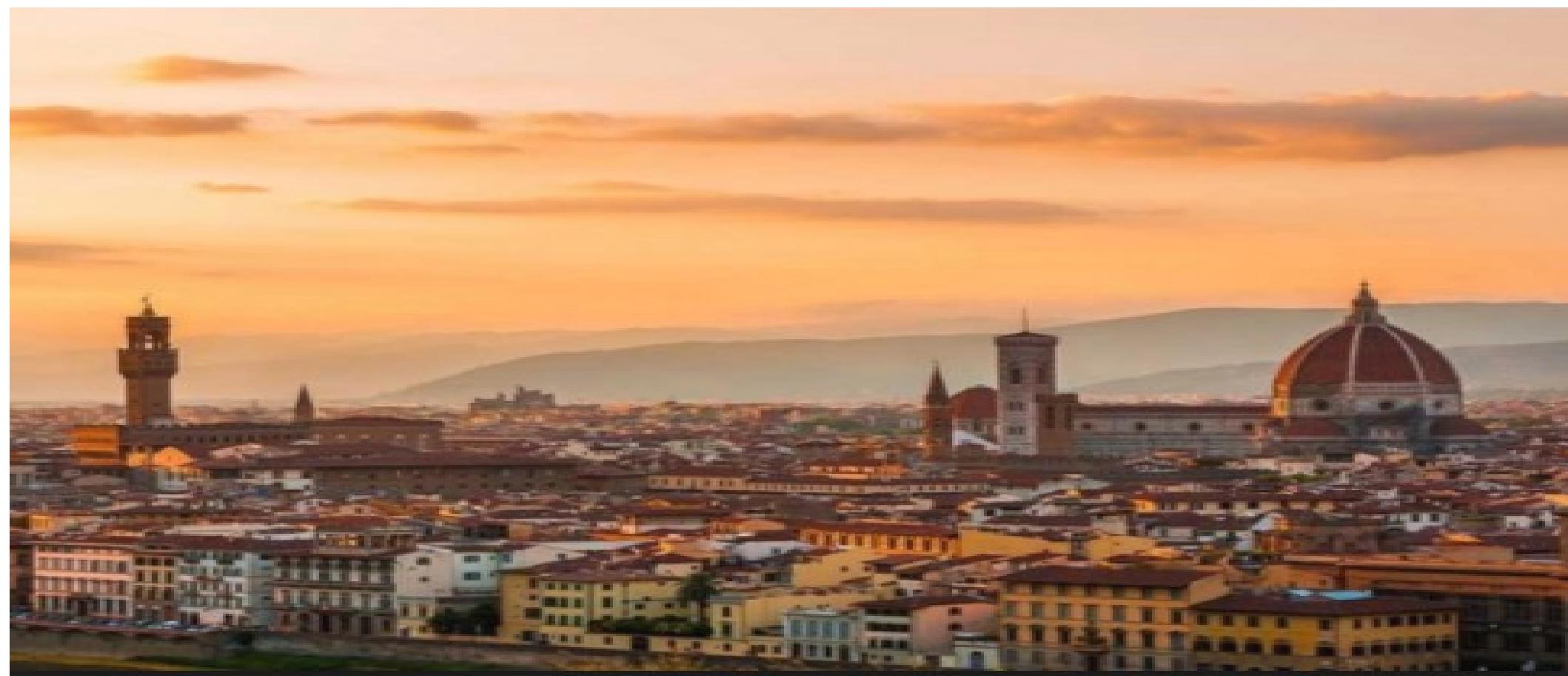


# Terapia medica dell'infertilità



Dr Pier Andrea Della Camera



**Cosa si intende ?**



# **Terapia medica infertilita'**

Terapia medica volta a correggere le cause di infertilita'



# Anamnesi del maschio infertile

Dati anamnestici generali	Anamnesi familiare	Anamnesi patologica remota	Malattie dell'apparato uro-genitale	Interventi chirurgici alle vie genitali	Anamnesi lavorativa e stile di vita	Anamnesi sessuale
<ul style="list-style-type: none"> <li>Età</li> <li>Razza</li> <li>Religione</li> <li>Professione</li> <li>Infertilità primaria o secondaria</li> <li>Durata infertilità</li> </ul>	<ul style="list-style-type: none"> <li>Infertilità</li> <li>Aborti spontanei</li> <li>Nati morti</li> <li>Malattie genetiche ed endocrine</li> </ul>	<ul style="list-style-type: none"> <li>Febbre alta (nei mesi precedenti)</li> <li>Diabete mellito</li> <li>Malattie surrenaliache</li> <li>Bronchiectasie</li> <li>Fibrosi cistica</li> <li>Tubercolosi</li> <li>Infezioni croniche</li> <li>Allergie</li> <li>Nefropatie</li> <li>Epatopatie</li> <li>Neuropatie</li> <li>Farmaci</li> </ul>	<ul style="list-style-type: none"> <li>Criptorchidismo</li> <li>Pubertà precoce o ritardata</li> <li>Traumi testicolari</li> <li>Torsione funicolo</li> <li>Orchiti</li> <li>Epididimiti</li> <li>Prostatiti</li> <li>Vescicoliti</li> <li>Uretriti</li> <li>Malattie sessualmente trasmesse</li> <li>Dermatosi dei genitali</li> </ul>	<ul style="list-style-type: none"> <li>Orchidopessi</li> <li>Orchiectomia</li> <li>Ernia inguinale</li> <li>Detorsione funicolo</li> <li>Varicocelectomia</li> <li>Idrocelectomia</li> <li>Vasektomia</li> <li>Epididimo-vasostomia</li> <li>Vasovasostomia</li> <li>Prostatectomia</li> <li>Interventi vescicali</li> <li>Ipospadias</li> <li>Circoncisione</li> </ul>	<ul style="list-style-type: none"> <li>Esposizione a fattori ambientali e occupazionali</li> <li>Abitudini alimentari</li> <li>Sport</li> <li>Alcool</li> <li>Fumo</li> <li>Uso di stupefacenti</li> <li>Sauna</li> <li>Pantaloni stretti</li> </ul>	<ul style="list-style-type: none"> <li>Rapporti in periodo fertile</li> <li>Frequenza dei rapporti</li> <li>Libido</li> <li>Difunzione erettile</li> <li>Dispareunia della partner</li> <li>Caratteristiche della eiaculazione</li> <li>Caratteristiche dell'orgasmo</li> </ul>
						

**25%**



**Terapia specifica  
per cause note**

**Terapia empirica  
per causee  
idiopatiche**



**75%**

# Terapia infertilità maschile

Disturbi eliaculazione

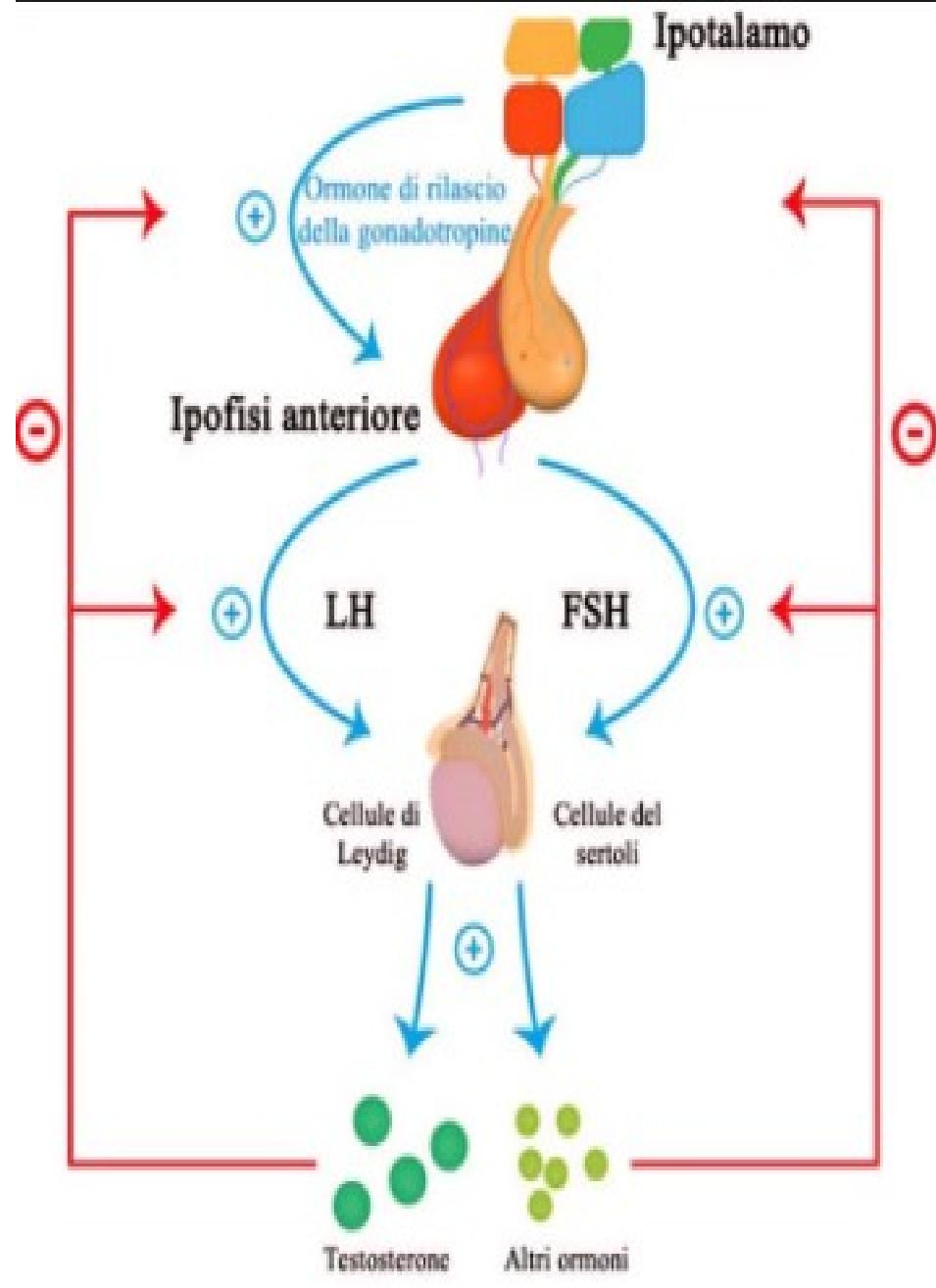
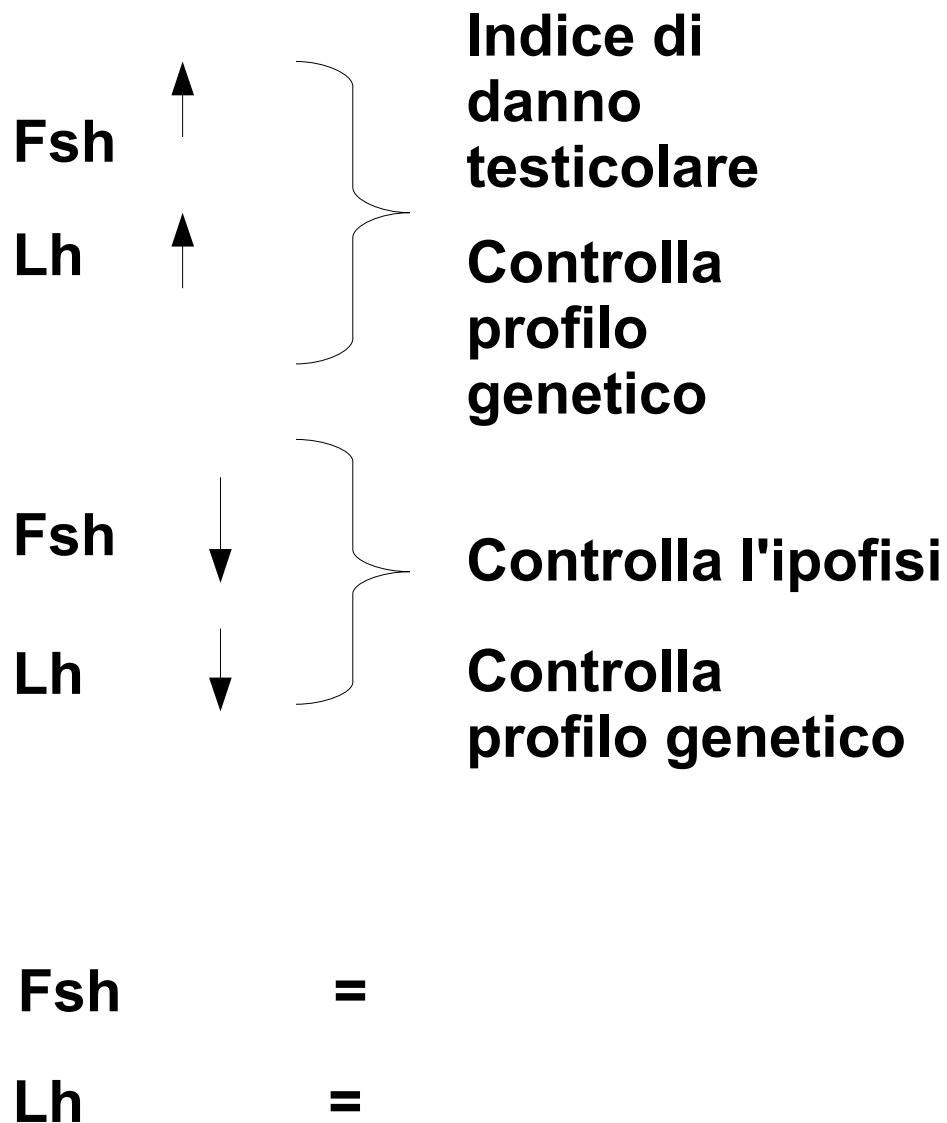
Disturbi erezione

## Causee pretesticolari

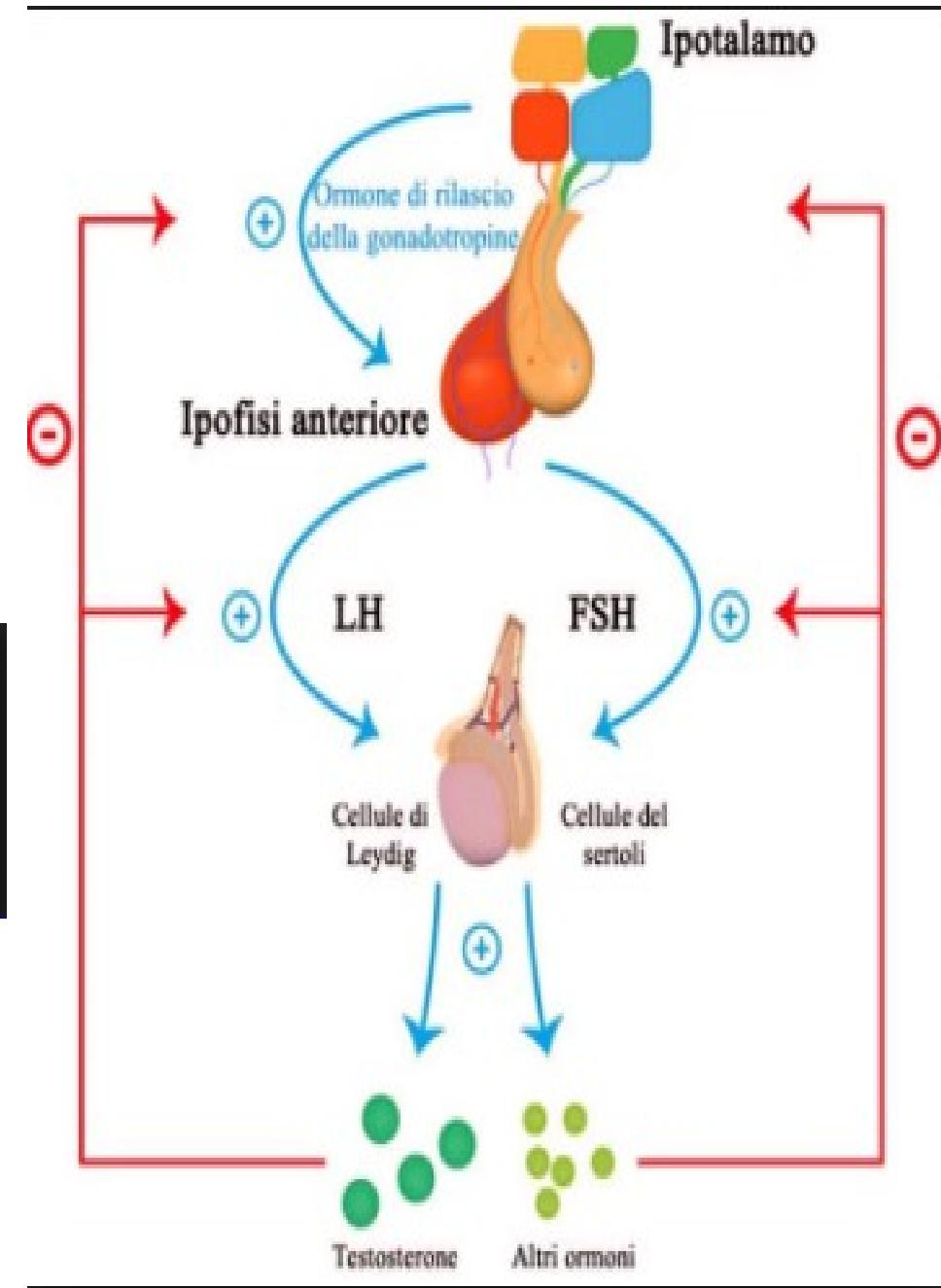
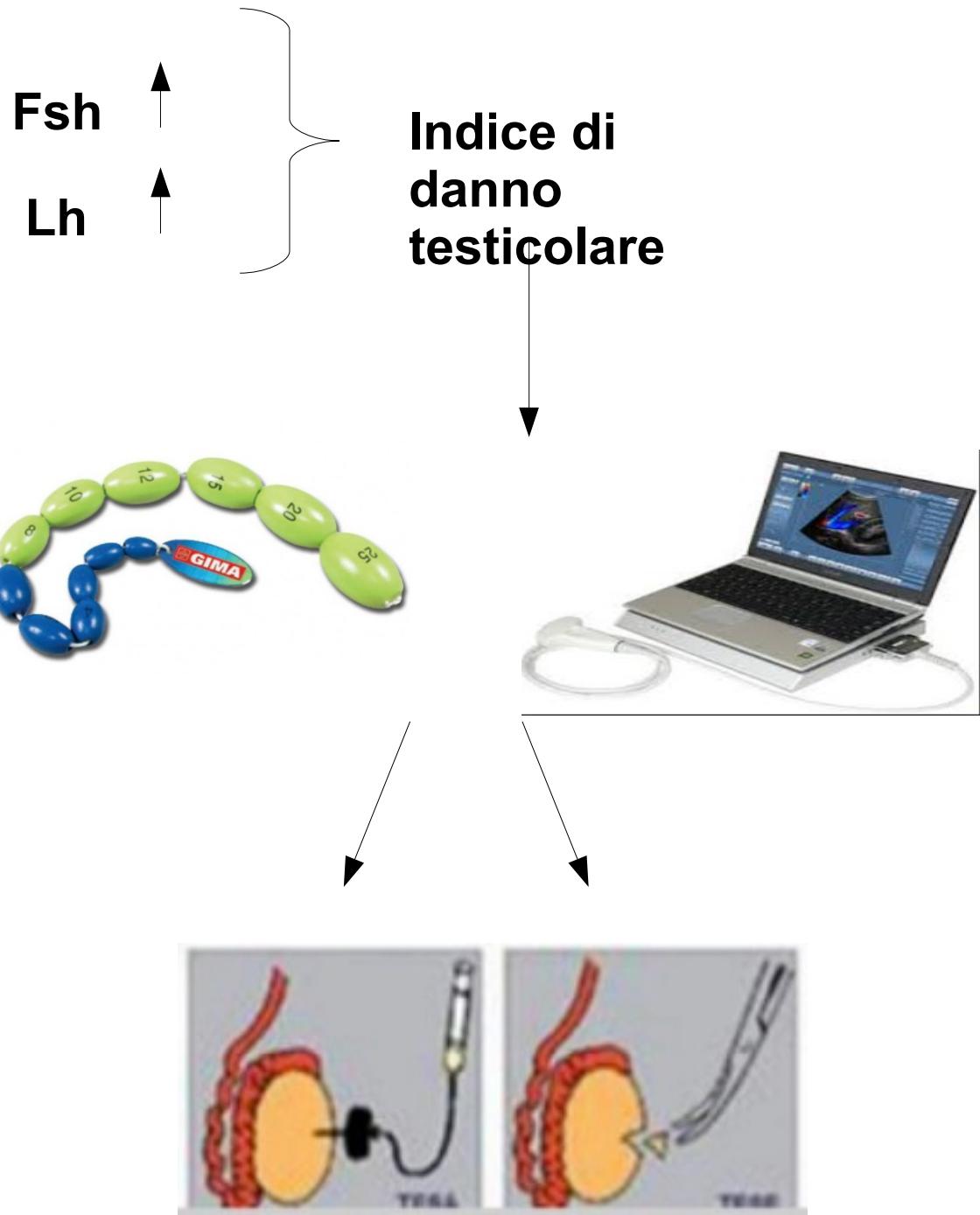
Cause testicolari

Cause post-testicolari

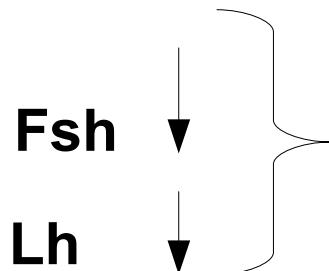
# Ipogonadismi



# Ipogonadismo

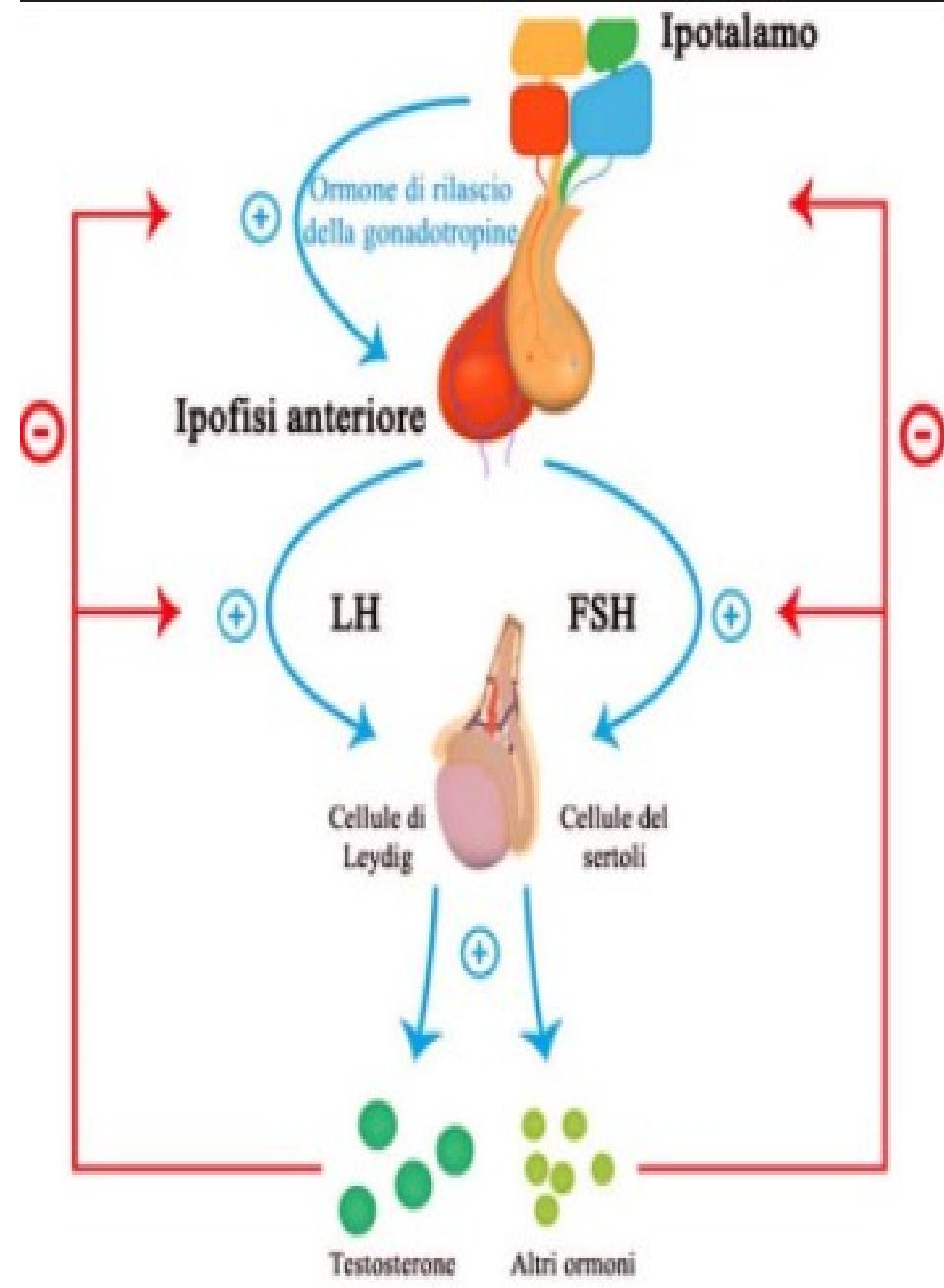


# Ipogonadismi



**Controlla l'ipofisi**  
(craniofaringiomi e  
adenoma ipofisi)

**Controlla profilo  
genetico**



**-Terapia dopo i 18 anni**  
**-Nota 74 SOLO FOSTIMON**

# Testosterone replacement in the infertile man.

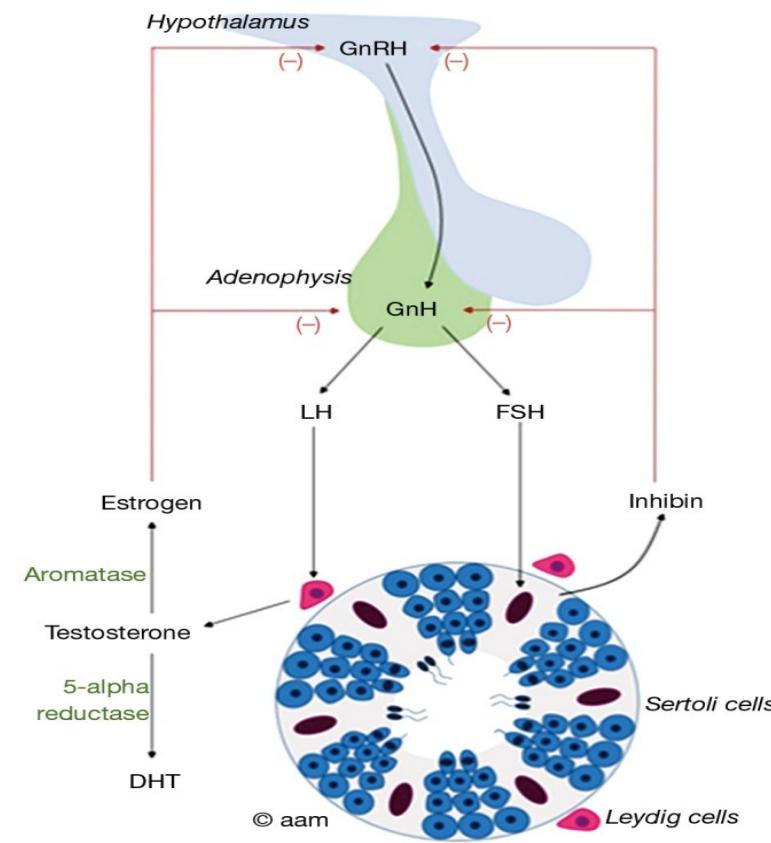
Majzoub A<sup>1</sup>, Sabanegh E Jr<sup>1</sup>.



Exogenous administration of T results in a negative feedback inhibition of the HPG axis which consequently causes a decrease in endogenous and intratesticular T levels

Despite a normal or high serum T concentration in men receiving anabolic steroids, **intratesticular T levels may be markedly inhibited resulting in oligozoospermia or azoospermia**

**Atrophy of the germinal epithelium together with spermatogenesis suppression and subsequent azoospermia after 10 weeks of therapy has been documented by a World Health Organization Task Force investigating exogenous T as a male contraceptive option . Recovery is expected after 6 months of treatment cessation, with almost half the patients returning to their baseline pre-treatment sperm density. However, up to 10% of patients with poor pre-treatment sperm production remain azoospermic after treatment cessation**



# Ipogonadismi ipogonadotropi



**Urofollitropina (hFSH-hp) 150 IU 3 volte/settimana  
i.m./s.c.**

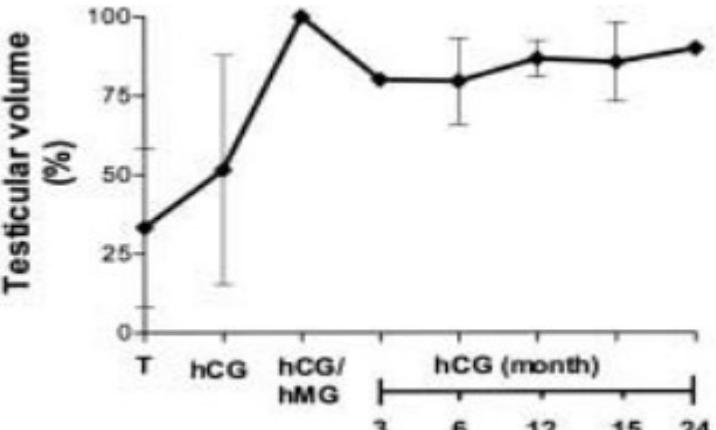
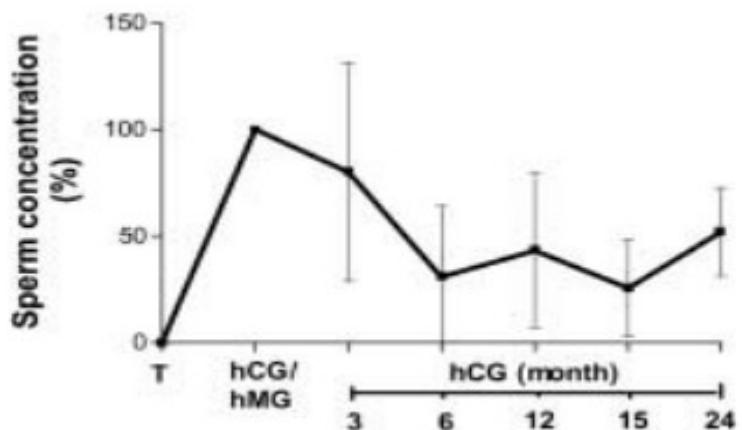


**HCG 500 a giorni alterni im/sc**

**Possono essere mixati insieme per ridurre disagio e ricontrillare profilo ormonale e spermogramma per aumentare dosi**

# Maintenance of spermatogenesis in hypogonadotropic hypogonadal men with human chorionic gonadotropin alone.

Depenbusch M<sup>1</sup>, von Eckardstein S, Simoni M, Nieschlag E.



Spermatogenesis had been successfully induced by treatment with hCG/hMG, hCG treatment alone continued for 3 – 24 months

After 12 months under hCG alone, sperm counts decreased gradually but remained present in all patients

Testicular volume decreased only slightly and reached 87% of the volume achieved with hCG/hMG

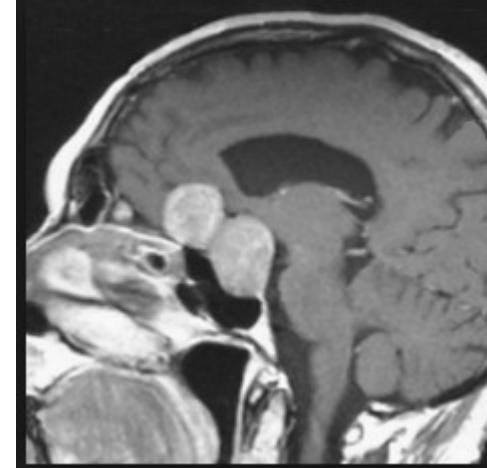
FSH and LH levels were suppressed to below the detection limit of the assay

FSH is essential for maintenance of quantitatively normal spermatogenesis.

# Iperprolattinemia

(ipogonadismo ipogonadotropo)

Dosaggio basale e a 30'



## ANTIDOPAMINERGICI

Neurolettici

Antidepressivi triciclici

Inibitori MAO

Opiacei

Cocaina

## ALTRE CAUSE

**Prolattinomi**

Malattie ipotalamiche

Neurologiche

Idiopatiche

Cabergoline (0.125–1.0 mg twice weekly) is the preferred agent because it has the highest efficacy in normalizing prolactin levels and shrinking prolactin-secreting tumors

It has been shown that 53% of cases treated with dopamine agonist had reversal of infertility

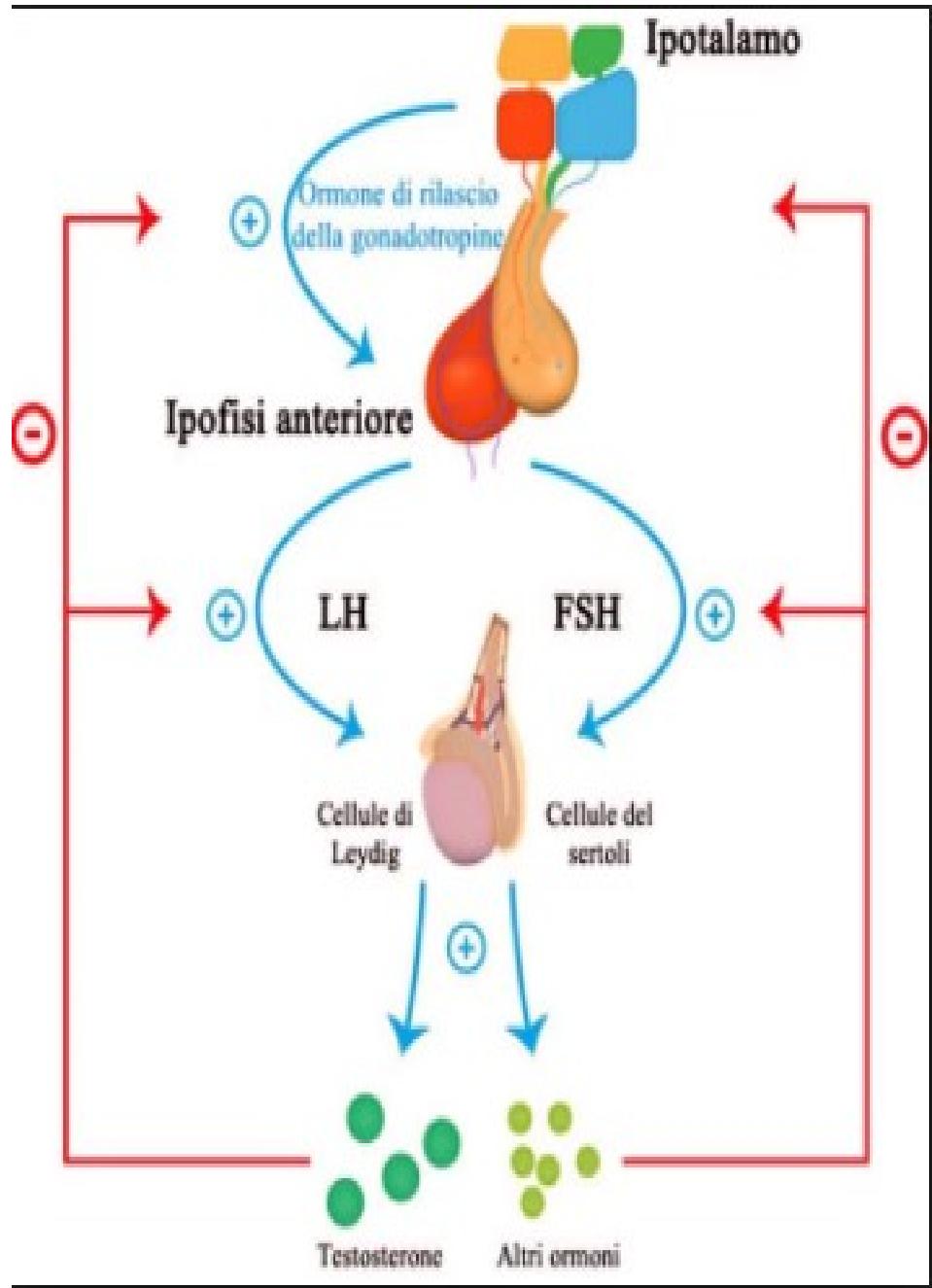
Initial Dose= 0,25-0,5 mg/wk

Maintance= 0,25-3 mg/wk



# Ipogonadismo

Fsh =  
Lh =



## Follicle-stimulating hormone treatment in normogonadotropic infertile men.

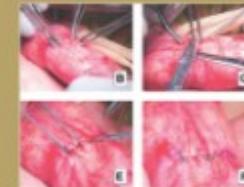
Valenti D<sup>1</sup>, La Vignera S, Condorelli RA, Rago R, Barone N, Vicari E, Calogero AE

Somministrazione dell'Fsh in pazienti normogonadotropici con alterato spermogramma

Associazione con gonasi se ipogonadici ed alterato spermogramma

Attenzione dati in letteratura che un utilizzo protratto per molti anni di b hcg e fsh ricombinante possono condurre ad azospermia





An Official Journal of  
The International Society for Sexual Medicine  
Asia Pacific Society for Sexual Medicine (APSSM)  
European Society for Sexual Medicine (ESSM)  
Canadian Society for Sexual Medicine (CSSM)  
Chinese East Society for Sexual Medicine (CESM)  
Social Medicine Society of North America (SMSNA)  
South Asian Society for Sexual Medicine (SASM)  
International Society for the Study of Women's  
Sexual Health (ISSWH)



# Treatment of the Hypogonadal Infertile Male—A Review

Christopher Chee Kong Ho, FRCS (Urol), FECSM\* and Hui Meng Tan, FRCS†‡

## Anti-Estrogens

Clomiphene citrate is an estrogen receptor modulator with **predominant antagonist activity** that **blocks negative feedback exerted by estrogen at the hypothalamus and anterior pituitary**

The result is increased secretion of GnRH from the hypothalamus, which stimulates pituitary gonadotropin production that could stimulate both testicular production of testosterone and spermatogenesis

Clomiphene may be a good choice for the treatment of hypothalamic hypogonadotropic hypogonadism. There are reports of successful treatment with clomiphene which resulted in **normalization of gonadotropins, testosterone, and semen parameters**

## Aromatase Inhibitor

Aromatase inhibitors function by blocking aromatase, which is a cytochrome P-450 enzyme responsible for **converting testosterone to estradiol**.

Therefore, by reducing estradiol, aromatase inhibitors may indirectly **increase serum levels of LH, FSH, and testosterone**.  
**In hypogonadism and Before Tese**



## Gonadotrophins for idiopathic male factor subfertility: a Cochrane systematic review

Abdelhamid M. Attia, M.D.  
Hesham G. Al-Inany, M.D., Ph.D.  
Michel L. Proctor; M.Sc.

*Department of Obstetrics and Gynecology, Cairo University, Cairo, Egypt*



**Revisione sistematica: 5 trial randomizzati con 426 pz su effetto della terapia con hMG/hCG, FSH sul tasso di gravidanze**

**3 trial (278 pz) avevano come outcome le gravidanze spontanee**

## Clomiphene Administration for Cases of Nonobstructive Azoospermia: A Multicenter Study

ALAYMAN HUSSEIN,\* YASAR OZGOK,† LAWRENCE ROSS,‡ AND CRAIG NIEDERBERGER,‡

*From the \*Minia Infertility Research and Treatment Unit, El-Minia University, Egypt; the †Gulhane Military Medical Faculty, Ankara, Turkey; and the ‡University of Illinois at Chicago, Illinois.*



**Effetto su azoospermia non ostruttiva in 42 pazienti  
64% dei pz hanno prodotto un eiaculato con spermatozoi sufficienti**

# Cause di infertilità maschile

Disturbi eiaculazione

Disturbi erezione

Causee pretesticolari

**Cause testicolari**

Cause post-testicolari

## Anticorpi Antispermatozoi

Cause= traumi testicolari, infiammazioni, ostruzione vasale es.  
vasectomia

Terapia = Prednisolone

## Infezioni genito -urinarie

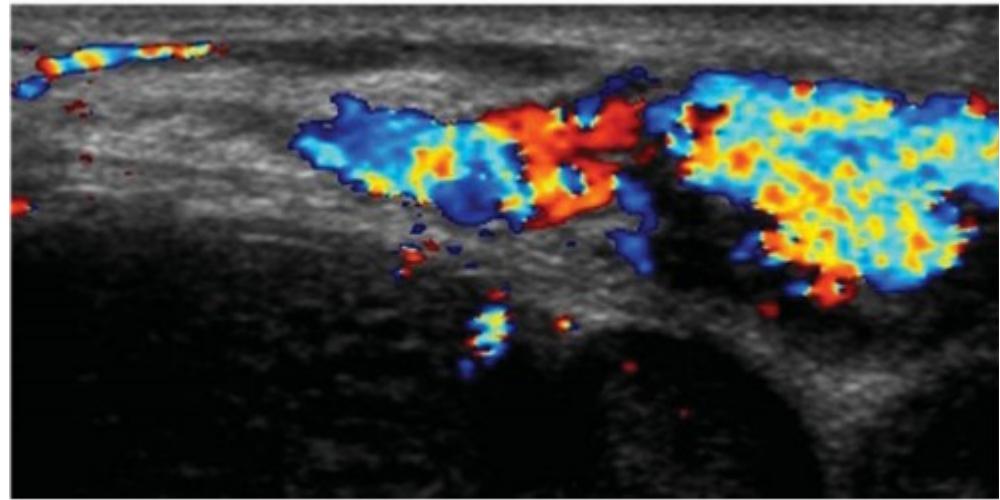
Prostatiti, Orchiti , uretriti, cistiti

Terapia = chinolonici sempre meno efficaci.

## Danno testicolare

Esiti di radiazioni, chemioterapia,  
Torsione

## Varicocele



# Cause di infertilità maschile

Disturbi eiaculazione

Disturbi erezione

Causee pretesticolari

Cause testicolari

**Cause post-testicolari**

# Anaeiaculazione

## Causee

Più frequente linfadenectomia retroperitoneale in ragazzi operati di etp testicolo

Interventi pelvici fatti in età pediatrica

Interventi di adenectomia prostatica o turp o tuip

Attenzione alla assunzione di alcuni farmaci ad azione alfa adrenergica ( tamsulosina, silodosina, alfuzosina ecc ecc ) REVERSIBILE!!!



## Terapia

Midodrina= Efficacia: 50% dei casi

Parasimpaticomimetici (fisostigmina e neostigmina) poco efficaci



# Anaeiaculazione

## **Recupero spermatozoi dalle urine ( post interventi ad esempio turp)**

Dieta alcainizzante nei due giorni precedenti

Far bere molta acqua

Far svuotare la vescica

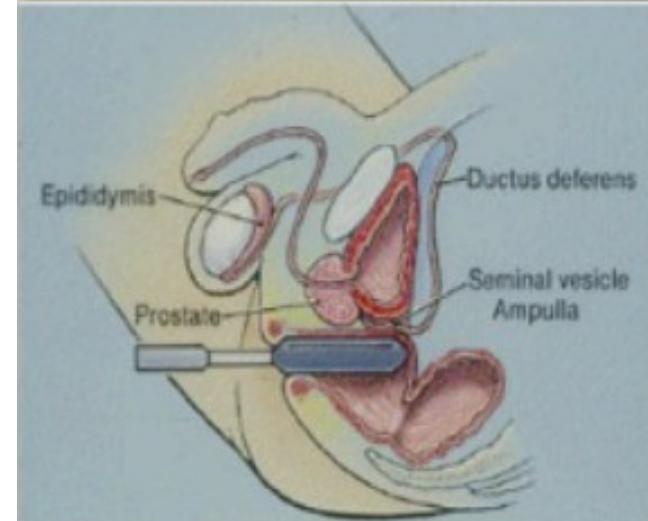
Masturbazione

Far urinare in un contenitore sterile



## **Vibrostimolazione pene elettrostimolazione (mielolesi)**

Stimolazione del glande e delle vescichette seminali e recupero dello sperma



# Iperviscosità seminale (spr fibrosi cistica)

N acetil cisteina compresse da 600 mg die



Azione mucolitica

Azione antiossidante diretta

Azione antiossidante indirette  
(garantisce livelli elevati di glutatione e ipotaurina)

## EFFETTI POSITIVI

- Baker et al. 1995 – produzione di ROS
- Oeda et al. 1997 – motilità
- Lopes et al. 1998 – danno del DNA
- Comhaire et al. 2000 – produzione ROS
- Safarinejad and Safarinejad 2009 – concentrazione, motilità e morfologia
- Ciftici et al. 2009 – motilità, volume, viscosità e stato ossidativo
- Paradiso Galatioto et al 2008 - concentrazione

# .....E L'INFERTILITA' IDIOPATICA ?



# Terapie empiriche



# **ACE INIBITORI**

# Low-Dose Lisinopril in Normotensive Men With Idiopathic Oligospermia and Infertility: A 5-Year Randomized, Controlled, Crossover Pilot Study

AU Mbah<sup>1</sup>, GO Ndukwu<sup>2,3</sup>, SI Ghazi<sup>1</sup>, EN Shu<sup>1</sup>, FN Ozoemena<sup>4,5</sup>, JO Mbah<sup>6</sup>, OD Onodugo<sup>7</sup>, EC Ejim<sup>7</sup>, MI Eze<sup>8</sup>, PO Nkwo<sup>8</sup> and PO Okonkwo<sup>1</sup>



## LISINOPRIL 2,5 MG AL GIORNO STUDIO ESEGUITO SU 50 PARTECIPANTI

### RISPETTO AL GRUPPO CONTROLLO MIGLIORAMENTO DELLA MORFOLOGIA, NUMERO E MOTILITÀ

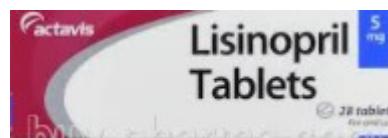
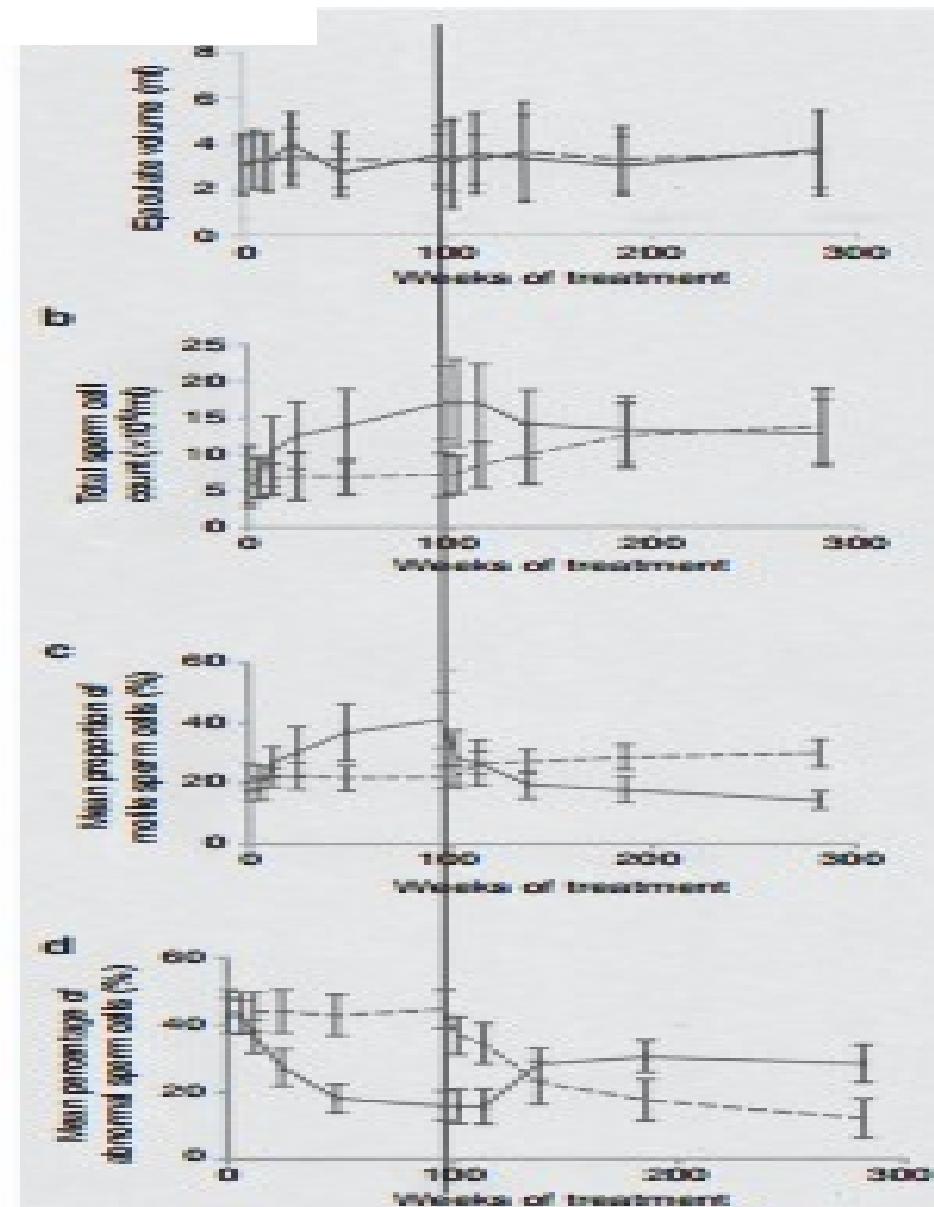


Table 2 A comparison of the symptoms reported by the patients during lisinopril treatment and during placebo treatment

Subject no.	Symptoms reported	With lisinopril treatment		Relative risk	95% Confidence interval of the relative risk
		n (%)	n (%)		
1	Anorexia	7 (5.4)	7 (4.4)	1.12	0.65-1.93
2	Constipation	3 (2.3)	1 (0.6)	1.72	0.96-3.08
3	Chest pain	7 (5.4)	0 (0.0)	2.30	2.02-2.63 <sup>a</sup>
4	Cough	10 (7.8)	16 (10.0)	0.84	0.50-1.38
5	Catarrh	12 (9.3)	8 (5.0)	1.34	0.92-1.97
6	Diarrhea	6 (4.7)	8 (5.0)	0.96	0.52-1.78
7	Dizziness	6 (4.7)	0 (0.0)	2.30	2.02-2.63 <sup>a</sup>
8	Epigastric pain	1 (0.8)	12 (7.5)	0.17	0.03-1.12
9	Fever	26 (20.3)	34 (21.4)	0.88	0.64-1.20
10	Headache	7 (5.4)	17 (10.7)	0.63	0.33-1.19
11	Joint pains	20 (15.6)	3 (1.9)	1.98	1.61-2.44 <sup>b</sup>
12	Malaise	15 (11.7)	19 (11.9)	0.95	0.64-1.41
13	Myalgia	4 (3.1)	6 (3.8)	0.90	0.42-1.95

<sup>a</sup>Statistically highly significant ( $P < 0.01$ ). <sup>b</sup>Statistically very highly significant ( $P < 0.001$ ).



**Pde-5i**

# Effects of phosphodiesterase 5 inhibitors on sperm parameters and fertilizing capacity

F. Dimitriadis<sup>1</sup>, D. Giannakis<sup>1</sup>, N. Pardalidis<sup>1</sup>, K. Zikopoulos<sup>1</sup>, E. Paraskevaidis<sup>1</sup>, N. Giotitsas<sup>1</sup>, V. Kalaboki<sup>1</sup>, P. Tsounapi<sup>1</sup>, D. Baltogiannis<sup>1</sup>, I. Georgiou<sup>1</sup>, M. Saito<sup>2</sup>, T. Watanabe<sup>2</sup>, I. Miyagawa<sup>2</sup>, N. Sofikitis<sup>1,2</sup>

<sup>1</sup>Laboratory of Molecular Urology and Genetics of Human Reproduction, Department of Urology Ioannina University School of Medicine, Ioannina 45110, Greece

<sup>2</sup>Department of Urology Tottori University School of Medicine, Yonago 683, Japan



Nitric oxide is found to improve or maintain sperm motility probably through the stimulation of cGMP Production in sperm flagella



Sperm membrane alterations which are important for the sperm capacitation process and the acrosomal reaction

Stimulate contractility of seminiferous tubules in man

Attivita' fisica, dieta e stile di vita.  
Prevenzione o terapia ?

## The Impact of Intense Exercise on Semen Quality.

Józków P<sup>1</sup>, Rossato M<sup>2</sup>.

 Author information



This review of the current literature suggests that intense physical activity may affect the semen concentration, as well as the number of motile and morphologically normal spermatozoa.

Training at higher intensities and with increased loads seems to be associated with more profound changes in semen quality.

In recreational athletes, exercise has either a positive or neutral effect on semen parameters.

Recent studies have reported evidence of decreased sperm concentrations in cyclists and mountain trekkers after periods of intense physical effort. Alterations in the hypothalamo–pituitary–gonadal axis, and/or hyperprolactinemia disturbances in the hormonal milieu oxidative stress, and scrotal heating



# Lifestyle and Outcomes of Assisted Reproductive Techniques: A Narrative Review.

Zeinab H, Zohreh S, Samadaee Gelehkolaei K<sup>1</sup>.

**Weight watch and diet, exercise and physical activity, psychological health, avoiding medications, alcohol and drugs, preventing diseases, environmental health, spiritual health, social health, and physical health.**

These methods can be greatly helped before and during implementing assisted fertility techniques

# Male infertility: lifestyle factors and holistic, complementary, and alternative therapies



David F Yao, Jesse N Mills

Department of Urology, UCLA, 1260 15th St #1200, Santa Monica, CA 90404, USA

## Obesity

Associated with lower serum testosterone and LH

Excess scrotal fat has been hypothesized to elevate scrotal temperatures

**Gradual weight loss through exercise** and a progressive decrease in caloric intake led to improvement in sperm parameters.

## Tobacco

benzo(a)pyrene binding to DNA in sperm

## Alcohol

Deterioration of sperm parameters and testicular pathology in a dose-dependent fashion

An inhibition of gonadotropins

**Reversible with alcohol abstinence**

## Caffeine

>6 cups coffee daily was associated with increased sperm motility in one study,

Promote germ cell survival

Moderate consumption of caffeine appears to be safe for male reproductive health.

# Acupuncture

## Mind-body practice

## Scrotal cooling

## Faith based treatment

## Traditional Chinese medicine



*«..e se per difetto del seme viene..debbono essere aiutati con quelle cose c'hanno a crescere e a generare lo seme, cioè cipolle, pastinache domestiche e cose somiglianti»*



*«vulva di lepre, bava pendente dalla bocca delle pecore, vino Falerno, erba mercuriale»*

Quinto Sereno Sammonico III sec. d.C.

# **TERAPIE DI COMBINAZIONE**

## The combination of testosterone undecanoate with tamoxifen citrate enhances the effects of each agent given independently on seminal parameters in men with idiopathic oligozoospermia\*

Dimitrios A. Adamopoulos, M.D.†  
Stamatina Nicopoulou, M.D.  
Niki Kapella, B.Sc.

Maria Karavertzani, M.D.  
Evangelia Andreou, M.D.

Endocrine Department, Elena Venizelou Hospital, Athens, Greece



Terapia combinata migliora i parametri seminali, differendo in maniera significativa dal placebo e i farmaci utilizzati singolarmente

4 gruppi: placebo, testosterone undecanoato (120 mg/die), tamoxifene citrato (20 mg/die), entrambi I FARMACI per 6 mesi

FERTILITY AND STERILITY®  
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Copyright ©1993 American Society for Reproductive Medicine  
Published by Elsevier Inc  
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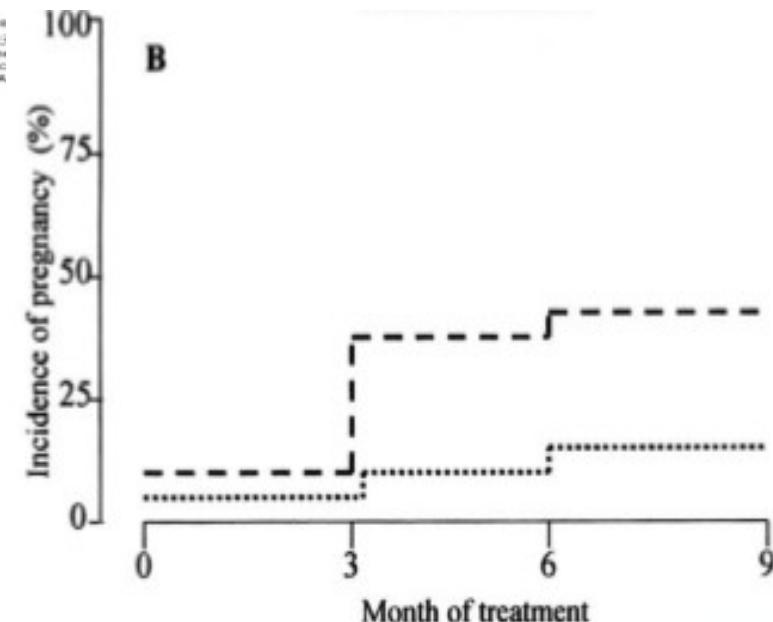
### Effectiveness of combined tamoxifen citrate and testosterone undecanoate treatment in men with idiopathic oligozoospermia

Dimitrios A. Adamopoulos, M.D., Athina Pappa, M.Sc., Evangelia Billia, M.D.,  
Stamatina Nicopoulou, M.D., Eftychia Koukou, M.D., and John Michopoulos, M.D.

Department of Endocrinology, Elena Venizelou Hospital, Athens, Greece

212 coppie con infertilità maschile idiopatica

Tasso di gravidanze 33,9% vs 10,3% in favore del gruppo trattato



# **INTEGRATORI ED ANTISSIDANTI**

**REVIEW**

# A systematic review of the effect of oral antioxidants on male infertility

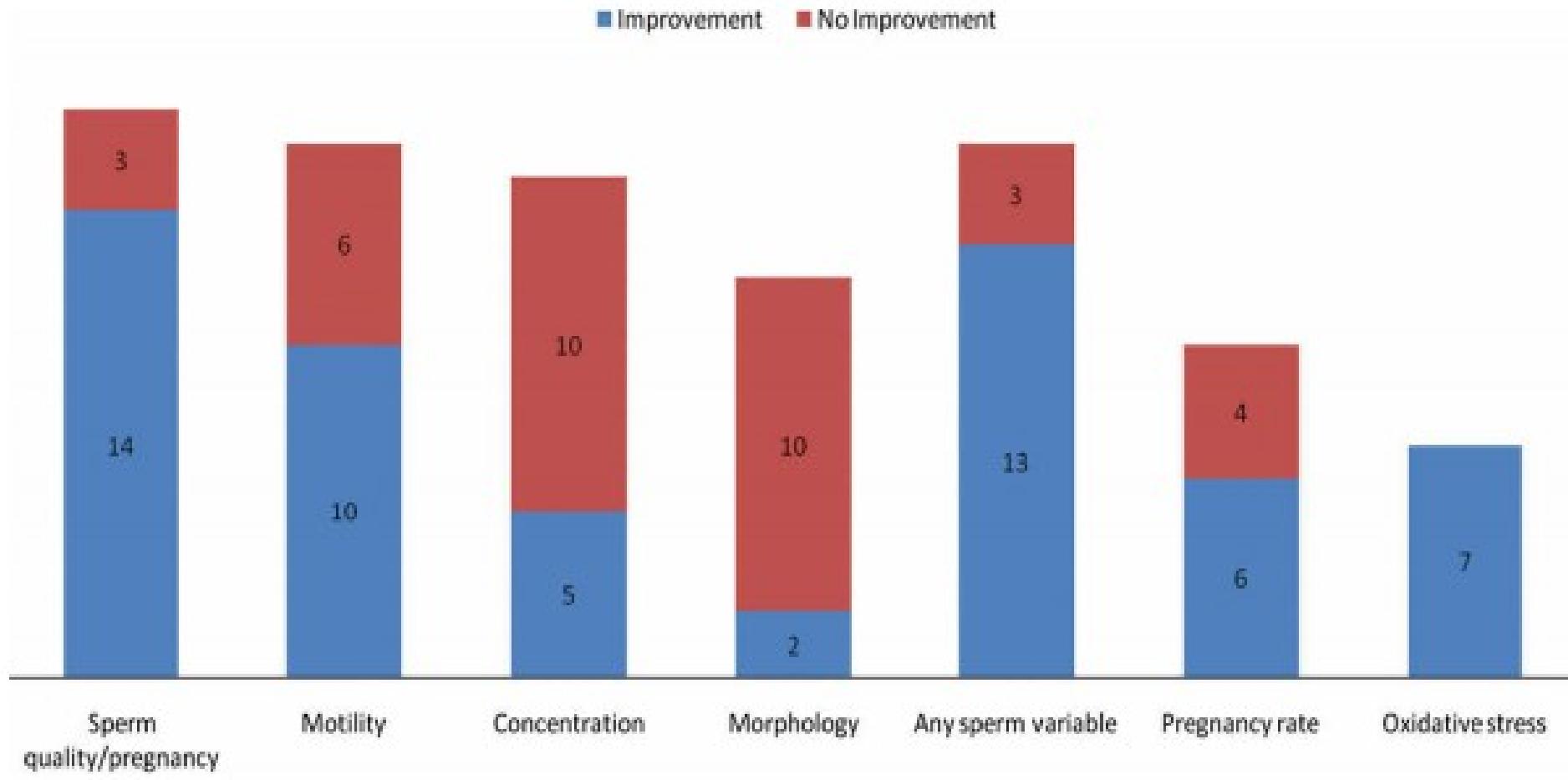
**C Ross <sup>a</sup>, A Morriss <sup>a</sup>, M Khairy <sup>a</sup>, Y Khalaf <sup>a</sup>, P Braude <sup>a,b</sup>,**  
**A Coomarasamy <sup>c</sup>, T El-Toukhy <sup>a,\*</sup>**

Study	Antioxidant used	Study outcome measures	Improvements	Greco et al. (2005a) Sigman et al. (2006)	Vitamins C and E Carnitine	Concentration, motility, morphology, sperm DNA fragmentation <sup>b</sup> Volume, motility, concentration, forward progression, seminal plasma and semen carnitine	DNA fragmentation.
Suleiman et al. (1996)	Vitamin E	Motility, level of lipid peroxidation	Motility in asthenozoospermic men and reduction in level of lipid peroxidation	Galatioti et al. (2008)	Vitamins A, C, E, N-acetyl cysteine and zinc	Concentration, motility, morphology, volume	No improvement.
Omu et al. (1998)	ZnSO <sub>4</sub>	Concentration, motility, membrane integrity, serum zinc, cadmium, antisperm antibodies, FSH, LH, prolactin, TNF $\alpha$ and IL-4 concentrations	Count, progressive motility, membrane integrity and reduction in antisperm antibodies	Omu et al. (2008)	Vitamins C and E with ZnSO <sub>4</sub> , vitamin E with ZnSO <sub>4</sub> or ZnSO <sub>4</sub> alone	Concentration, motility, morphology, volume, sperm chromatin integrity and apoptosis, <sup>c</sup> sperm membrane integrity, serum and seminal plasma antioxidants, cadmium, magnesium, selenium, zinc, cytokines, oxidants, antisperm antibodies antibody levels and <i>Bcl2</i> and <i>Bax</i> expression	Odds of having a normal sperm count.
Scott et al. (1998)	Vitamins A, C, E, selenium	Concentration, motility, serum selenium	Motility		<i>N</i> -acetyl cysteine, <i>N</i> -acetyl cysteine and/or selenium	Concentration, motility, morphology, serum testosterone, inhibin B, LH, FSH	Sperm motility, fertilizing capacity ( <i>in vivo</i> ) and DNA fragmentation Index ( <i>in vitro</i> ).
Rolf et al. (1999)	Vitamins C and E	Concentration, motility, morphology, volume, 24-h sperm survival	No improvement		<i>N</i> -acetyl cysteine	Count, motility, morphology.	
Wong et al. (2002)	Folic acid and/or ZnSO <sub>4</sub>	Concentration, motility, morphology, seminal plasma, blood plasma and erythrocyte folate and zinc	Concentration and total normal sperm count				
Keskes-Ammar et al. (2003)	Vitamin E and selenium	Concentration, motility, morphology, volume, viability, semen MDA, serum vitamin E and cholesterol	Motility	Safarinejad and Safarinejad (2009)			
Lenzi et al. (2004)	Carnitine	Concentration, motility, morphology, volume	Number of total motile sperm and forward motile sperm	Ciftci et al. (2009)			Motility, volume, viscosity, liquefaction time, oxidative status
Cavallini et al. (2004)	Carnitine	Concentration, motility, morphology, testicular volume	Concentration, motility and morphology, except for grade IV and V varicoceles, where there was no difference.				(total antioxidant capacity, total peroxide and oxidative stress index).
Balercia et al. (2005)	Carnitine	Concentration, motility, morphology, volume, semen total oxyradical scavenging capacity	Straight progressive velocity and total oxyradicalscavenging capacity				
Comhaire et al. (2005)	Astaxanthin	Concentration, motility, morphology, volume, pregnancy rate, serum FSH, LH, testosterone, inhibin B, ROS generation, <sup>a</sup> a, zona-free hamster oocyte test, seminal $\gamma$ -glutamyltransferase, gluconidase.	No improvement.				

## REVIEW

## A systematic review of the effect of oral antioxidants on male infertility

C Ross <sup>a</sup>, A Morriss <sup>a</sup>, M Khairy <sup>a</sup>, Y Khalaf <sup>a</sup>, P Braude <sup>a,b</sup>,  
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**Table 4** Effect of antioxidants on spontaneous or treatment-related pregnancy rate in the included studies.

Study	Antioxidant	Effect of antioxidants on pregnancy rate
Suleiman et al. (1996)	Vitamin E	21% (11/52) versus 0% (0/35), $P = 0.003^a$
Omu et al. (1998)	Zinc sulphate	Live birth rate 17% (9/52) versus 0% (0/35), $P = 0.009$
Scott et al. (1998)	Selenium, vitamins A, C and E	22% (11/49) versus 4% (2/48), $P < 0.03^a$
Rolf et al. (1999)	Vitamins C and E	11% (5/46) versus 0% (0/18), $P = 0.15^a$
Lenzi et al. (2004)	Carnitine	0% (0/15) versus 0% (0/16), $P = 1^a$
Cavallini et al. (2004)	Acetyl L-carnitine and carnitine	13% (4/30) versus 0% (0/26), $P = 0.04^a$
Balercia et al. (2005)	L-Carnitine and acetyl L-carnitine	22% (22/101) versus 2% (2/118), $P < 0.01^a$
Comhaire et al. (2005)	Astaxanthin	20% (9/44) versus 20% (3/15), $P = 1^a$
Galatioto et al. (2008)	Vitamins A, C and E, N-acetyl cysteine and zinc	55% (6/11) versus 11% (2/19), $P = 0.028^a$
Tremellen et al. (2007) <sup>b</sup>	Menevit	64% (23/36) versus 38% (6/16), $P = 0.077$
		Viable pregnancy rate at 13 weeks (38% (20/52) versus 16% (4/25), $P = 0.046$

<sup>a</sup>Pregnancy rates are for spontaneous pregnancies that occurred during the study period.

<sup>b</sup>Pregnancy rates per embryo transfer.

# Terapie di combinazione con antiossidanti

## **Combination clomiphene citrate and antioxidant therapy for idiopathic male infertility: a randomized controlled trial**

*Hussein Ghanem, M.D.,<sup>a</sup> Osama Shaeer, M.D.,<sup>a</sup> and Amgad El-Segini, M.D.<sup>a</sup>*

<sup>a</sup> Department of Andrology, Faculty of Medicine, Cairo University, Cairo, Egypt

**Comparison between combination therapy group and placebo group regarding the incidence and timing of pregnancy.**

	Active treatment	Placebo
Cases	30	30
Pregnancies (1–3 mo)	4	3
Pregnancies (3–6 mo)	7	1
Total pregnancies	11 (36.7%, $P = 0.037$ )	4 (13.3%)

**Clomifene citrato 25 mg/die + vitamina E 400 mg/die vs placebo**

**Tasso di gravidanze 36,7% vs 13,3% in favore del gruppo trattato**

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**Studi molto eterogenei in termini di criteri di inclusione  
dei pz, tipo, dosaggio e durata della terapia**

**Non è possibile fornire raccomandazioni  
evidence based**

**La maggior parte degli integratori disponibili in  
commercio contengono bassi dosaggi di antiossidanti**

**Possono essere considerati dei "coadiuvanti"**

# Conclusioni

**La terapia medica dell'infertilità escludendo i casi di comprovata presenza di patologia sottostante e' da considerarsi sperimentale sin quando non sia comprovata da studi clinici randomizzati e controllati**



**Nonostante il successo delle tecniche di PMA la maggior parte delle coppie preferirebbe non concepire i propri bambini in laboratorio...**



**Considerare i costi delle tecniche di PMA  
E' aumentata l'età della coppia che cerca figli**



**Guidare i pazienti attraverso la giungla di terapie e trattamenti offerti**

**E soprattutto .....Continuare la ricerca e la formazione dei giovani**



.....**L'insegnamento e la ricerca scientifica restano il più grande dono d'amore: è come piantare una quercia che darà ombra a chi non conosceremo mai.**

**MI raccomando, siete giovani , amate questo lavoro e i vostri pazienti... grazie per tutto quello che avete fatto per me; e' stato un onore esser curato dai miei allievi ...ma io sono vecchio pensate ai giovani...**

**Ancora il più affettuoso "in bocca al lupo" per la vostra vita e naturalmente per la vostra professione!!**

**Prof. Giacomo  
Amisano**

Grazie per l'attenzione