

Health Bulletin



Looking Ahead Toward Starting A Family

(NAPSA)—Often, when couples discover they're going to have a baby, they use the customary nine months as a countdown for the changes they need to make to prepare for the new arrival.

What many people don't realize, however, is that some of the best preparation actually takes place *before* pregnancy. In addition to learning about childbirth, parenting, prenatal health care and related issues, there are lifestyle changes both prospective parents can make to improve their overall health, as well as their likelihood of conceiving.

These include eating a healthy diet, regular exercise and reducing stress, among others. In fact, the lifestyle changes a man makes can be as important as those made by his partner. Though many men are reluctant to discuss the issues surrounding conception, they can still take action, discreetly, to improve their reproductive health and support their partner's efforts.

"In half of infertile couples, a male factor is identified. Therefore, it's imperative that you and your doctor include the man's systems in the reproductive equation," said Pamela Madsen, executive director of the American Infertility Association. "While the advances in diagnosing and treating male factors have been and continue to be breathtaking for many, male issues are still an afterthought and aren't addressed as promptly as they should be."

Commonly advocated measures include avoiding hot baths and



Thinking about having a baby? Baby talk may start with talking about important issues.

hot tubs, wearing boxer shorts and taking antioxidants (vitamins C and E). However, many men are finding even greater success with a nutritional supplement that has been clinically proven to support male reproductive health.

Proxceed—a citrus-flavored powder supplement that can be mixed in a cold beverage, applesauce or yogurt—supports male reproductive health by providing the nutrients needed for developing sperm.

Manufactured by Sigma-Tau, an internationally recognized pharmaceutical company, Proxceed's ingredients have been the subject of more than 30 years of research and have been safely used by millions worldwide.

For additional information on Proxceed, visit www.proxceed.com or call toll-free 1-888-PROXCEED (776-9333).