

# Health Bulletin

## Simple Steps To Improve Reproductive Health

(NAPSA)—If you're looking forward to the patter of little feet, one of your first steps may be to learn more about issues like child-birth, parenting and prenatal health care.

Many couples are aware of the importance of prenatal health care to a successful pregnancy and a healthy baby.

But, even before pregnancy, there are healthy 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.

The lifestyle changes a man makes can be as important as those made by the woman. 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."

Unfortunately, the most commonly advocated measures, such as avoiding hot baths and hot



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

tubs, wearing boxer shorts, and taking antioxidants (vitamins C and E) are not always helpful.

A promising alternative is a nutritional supplement, such as Proxceed™. This supplement has been clinically proven to support male reproductive health.

The citrus-flavored, powder supplement, which 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 over 30 years of research and have been safely used by millions worldwide.

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

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**Note to Editors:** October 17<sup>th</sup> through the 23<sup>rd</sup> is National Infertility Week. This article is especially relevant during that time, but is evergreen and can be used throughout the year.