

# fitpregnancy

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## SNEAKY FERTILITY THWARTERS

Are these habits messing with your baby-making efforts?

**AS YOU'RE** planning your journey toward Baby No. 1 (or 2, or 3), you already know to eat well, exercise and keep stress at bay. But there are some seemingly innocuous habits that could reduce your odds of conceiving. Here's what to watch for.

### ■ YOUR PARTNER'S LAPTOP TIME

If your guy spends all evening sprawled on the couch with his computer, be warned: He may be hampering his junk. "Increased lap temperature can lead to decreased sperm production," says Frederick

Licciardi, M.D., professor at New York University Langone Fertility Center. "A couple of hours occasionally won't have an effect, but if this is a regular habit—with a computer that really heats up—have him stop."

### ■ PLASTICS

Bisphenol A (BPA), an estrogen-like compound found in plastics, is everywhere these days (think: many plastic water bottles, can linings and even cash register receipts). Where you want it to be is far away from you. While there's no data that directly links BPA (or Bisphenol S,

an often-used substitute) and infertility, there is enough evidence to suggest an impact, notes Isaac E. Sasson, M.D., Ph.D., a reproductive endocrinologist and fertility specialist at Shady Grove Fertility in Philadelphia. Your best option? Be cautious: Favor glass and aluminum containers, and decline unnecessary receipts.

### ■ YOUR LUBE

Be careful about the products you use during baby-making sessions. "Some oil and silicone-based lubricants can harm women's fertility," Sasson says. A study in *Fertility and Sterility* found that several common lubes, including K-Y Jelly and Astroglide, reduce sperm function by

slowing their movement and damaging their structure with unnaturally high pH levels, even though they're not spermicides. If you still want something to butter you up, Sasson suggests Pre-Seed (\$22, cvs.com), which won't slow down his swimmers.

### ■ SMOKING, POT OR OTHERWISE

Laying off cigs is crucial both for aiding conception and growing a healthy baby, Licciardi says. Steer clear of the herbal stuff, too: "There hasn't been research on this, but since similar chemicals are inhaled when burning marijuana and tobacco, pot is very likely harmful." The jury's also out on e-cigs, but Licciardi advises avoiding any and all smoking, period.