



SUPPORTING
YOUR MALE
PARTNER
THROUGH
INFERTILITY

SWIPE LEFT

SHARE THE BURDEN

After a diagnosis of male factor infertility, there are many options that couples consider, including IUI treatments, and sometimes both husband and wife may have to go for treatments together. In such a situation it is important to lean on each other, talk, and ease the process for each other.

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LET GO OF THE PAST

Men also tend to blame themselves for their lifestyle choices from the past, or feel that there is something that could have been done differently. This is why you must avoid bringing up the past, and try to look forward to what the future may hold if you keep trying. It is important not to let the past pull you down.

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TALK ABOUT IT

The failure of one's basic biological functions can be equally devastating for men – they can often feel that they have let their wives down, or feel insecure about their masculinity. The key is to make your partner understand that you are both in this together, and to motivate each other.

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ENCOURAGE HIM

Men often feel depressed but do not either know how to express it or end up telling their wives they deserve a 'real man' who can raise a family with her. If your husband feels this way it is crucial to let him know how much he means to you, and to let him know this is not something he has to go through alone.

SET GOALS

Infertility is a process, a journey that takes a whole lot of patience and understanding. Set goals about how much time and money the two of you would be willing to spend towards the end goal of conceiving, and do your research together. Yesterday's "it's impossible" may well become today's "I'm willing to work towards it more than anything".

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A photograph of a man with a beard, wearing a grey hoodie and blue jeans, lifting a young child with curly hair into the air. The child is wearing a pink shirt and light blue pants. They are outdoors in a park-like setting with trees and sunlight. A purple banner is overlaid on the bottom left of the image.

"MEN DREAM TO
BE DADS TOO."

The logo for Hannah, featuring a pink heart icon to the left of the name "Hannah" in a cursive font, with the tagline "YOU'RE NOT ALONE" in a smaller, sans-serif font below it.

Hannah
YOU'RE NOT ALONE

A close-up photograph of a woman's hands clasped over a man's hands. The woman is wearing a black lace top and has dark teal nail polish. She is wearing a silver ring on her ring finger and a black beaded bracelet on her left wrist. The man's hands are visible, also wearing a silver ring on his ring finger. The background is dark and out of focus.

"No matter who is identified as "the patient," infertility is a couple problem."