

Here is what IT can do to him and her

18 May, 2005, 1232 hrs IST,INDIATIMES NEWS NETWORK

[Print](#)

[Email](#)

[Share](#)

[Save](#)

[Comment](#)

[Single page view](#)

HYDERABAD: For software companies' medical consultants are reporting that there is a spurt in the number of infertility problems among techies—both men and women.

Frequently, this is traceable to low sperm count, menstrual problems and hormonal imbalances.

Consultants blame this on the stress and work conditions that are normal to a techie. For instance, a direct effect of long hours spent in front of a PC can be higher testicular temperature, leading to low sperm count. Therefore the underwear solution.

According to experts, stress and deadlines are playing havoc with young couples wanting to start a family.

Vinay (29, name changed), IT pro of seven years and husband of one-and-a-half year, wants to be a father but it's just not happening. Doctors found he had a low sperm count and put it down to his workathons at office.

"Though IT has nothing to do with infertility, long work hours and sedentary lifestyle are the prime causes of infertility," says Dr Roya Rozati.