

BONUS 48pg Style Guide! The New Rules For Men

The magazine
men live by

OCTOBER 2010

R35.95

Men's Health

WWW.MH.CO.ZA

Free Workout Poster!

STRONG & FIT

A SUMMER OF SMOKING HOT SEX!

Light Her Fire
On p77

Build Muscle & Blast
Fat In Just 4 Weeks

ADVENTURE SPECIAL

30

TRIPS EVERY GUY MUST TAKE!

ACE THAT INTERVIEW

Say This, Not That

Boost Your Brain Power With Sausage & Eggs

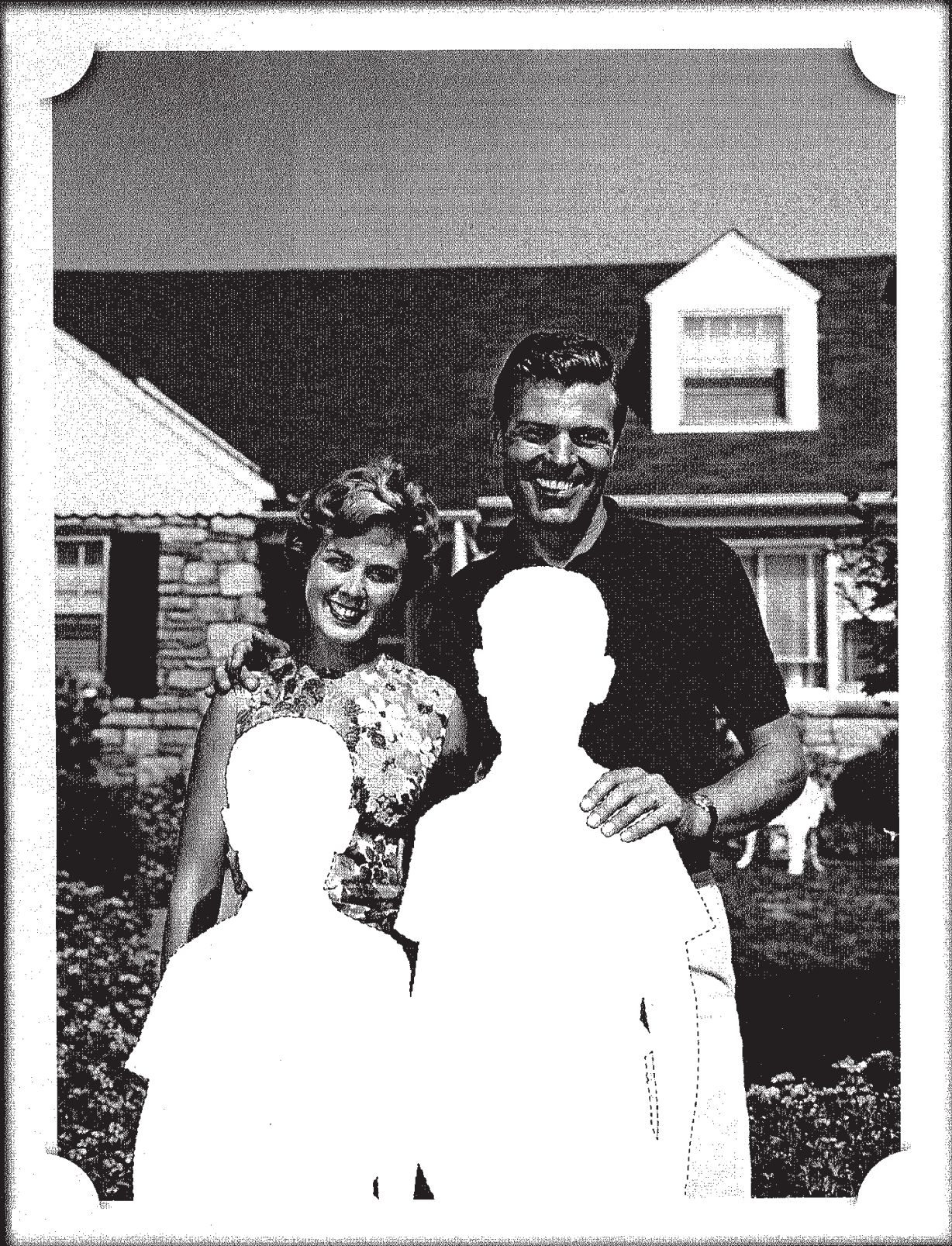
MORE TIME, MORE MUSCLE

YOUR COMPLETE HOME GYM FOR ONLY R1500

The Men's Health Guy
WARREN McASLAN
Get his cover-body workout on p66



(R4.41) VAT Incl
Outside RSA: R31.53 [excl vat]
Namibia: \$35.95



** These are real people, but not their real names. For reasons you're about to learn, most couples don't like talking – especially not in public – about their fertility problems.*

Inconceivable

We all know at least one couple who are affected by fertility problems. It could even be you. But what causes your swimmers to stop, well, swimming? And what can you do to fix the problem?

BY MARK VAN DIJK

JUST OFF MAIN ROAD IN CLAREMONT, CAPE TOWN, (A FEW BLOCKS SOUTH OF SAHARA

Park Newlands, where my dad used to take me to watch cricket matches) lies Wilderness Road. Twice now I've travelled to the bottom of that road, turned right and gone to Kingsbury Hospital to witness the births of my two children: two little redheads, just like me.

But for my friends Frank and Joanne*, and for about 15 out of every 100 South African couples like them, the journey to parenthood ends at the top of Wilderness Road, on the left, at places like the Cape Fertility Clinic. Frank and Jo have been trying to start a family for almost two years now, with no success.

"Jo was off the Pill for about a year and nothing was happening," Frank says.

"Then you went for a routine medical check-up," says Jo (they're the type of couple who complete each other's sentences), "and you thought 'Ag, may as well..."

"... just to see what's working and what's not," says Frank.

"I'm the main person on the medical aid," adds Jo, "so I got the call from the doctor's office. And that's when I learnt about sperm morphology."

The news from Frank's doctor was grim. Despite a healthy sperm count, there were abnormalities with his sperm cells or, as the doctors mysteriously told him, "The numbers are fine, but the shape's a problem". They couldn't find a single viable sperm cell to fertilise Jo's egg and, as a result, the couple were told they had "zero chance" of having a baby naturally.

For the two years since then, Frank and Joanne have been walking down a series of dead-ends and U-turns, unable to find a solution.

One thing they do know is that the problem lies with Frank.