



Examen

Could Sperm DNA Fragmentation Be Impacting Your Fertility?

Discover the answers with
Examen's SDF testing.



Find the Right Test for your Fertility Journey

Examen offers **two advanced SDF tests** tailored to different fertility challenges.

Here's how they compare:

	Exact®	Extend®
Best Test for	Difficulty Conceiving for more than 1 year	Recurrent Miscarriage or Advanced ART Planning
DNA Damage Profile	Total SDF (single + double strand)	Double-strand SDF only
Why These Measures Matter	<p>Provides a broad view of sperm DNA integrity.</p> <p>A raised total SDF result indicates an overall increase in DNA breaks, which can be influenced by multiple lifestyle, medical, or environmental factors.</p>	<p>Provides deeper insight into the nature and severity of DNA damage, beyond total SDF.</p> <p>Double-strand SDF represents a more severe form of DNA damage, often caused by issues during sperm production. It is less repairable by the egg, making it critical to identify for tailored fertility treatment.</p>

For clinical interpretation and advice on next steps, your fertility expert is best placed to guide you and discuss potential solutions tailored to your situation

What is Sperm DNA Fragmentation (SDF) and Why Does It Matter?

Sperm DNA plays a vital role in conception, embryo development, and the health of your future child.

When the DNA inside sperm is damaged - a condition known as Sperm DNA Fragmentation (SDF) - it can significantly reduce the chances of successful fertilisation and a healthy pregnancy.

To understand SDF, it helps to picture DNA as a staircase, with two strands forming its structure. Damage to this structure can happen in two ways:

- **Single-strand breaks (ssDB):** These are more common and typically less harmful, as they can often be repaired.
- **Double-strand breaks (dsDB):** Less common but more challenging to repair.

SDF Testing

SDF testing provides a clearer picture of sperm health by assessing the integrity of sperm DNA.

This is crucial because sperm DNA integrity is a key determinant of:

- Egg fertilisation
- Embryo development
- Implantation
- Pregnancy viability
- The long-term health of your child

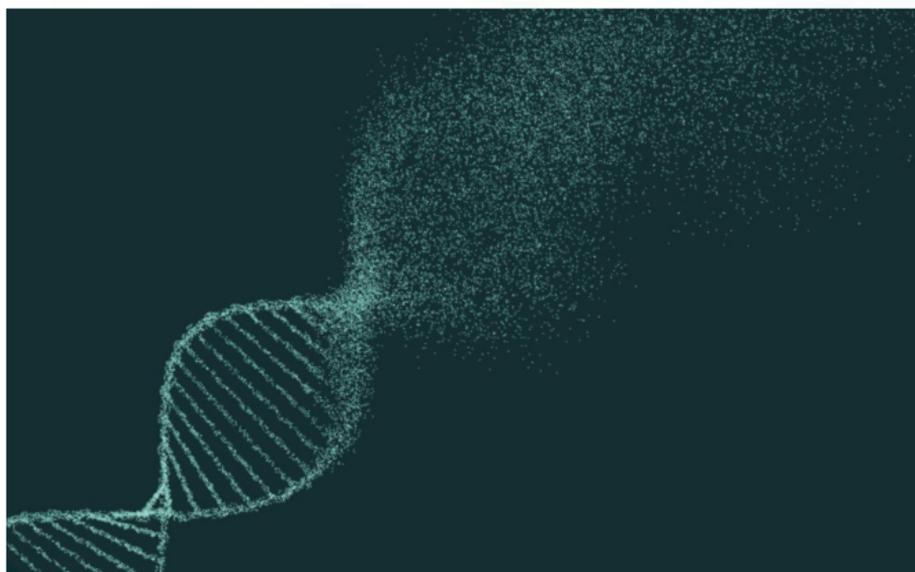
By identifying the extent of DNA damage, SDF testing helps uncover hidden issues that may be affecting your fertility, even if other tests, like semen analysis, appear normal.

Complementing Semen Analysis

A semen analysis test measures sperm count, movement, and shape – but not the quality of the genetic material inside.

Even with normal Semen Analysis results, high DNA damage can reduce the chances of conception. In fact, in a recent study, **over 52% of men with normal semen analysis results were found to have high levels of sperm DNA damage**, which may contribute to miscarriage.

This means that even if your semen analysis results are normal, there could still be underlying issues affecting your fertility.

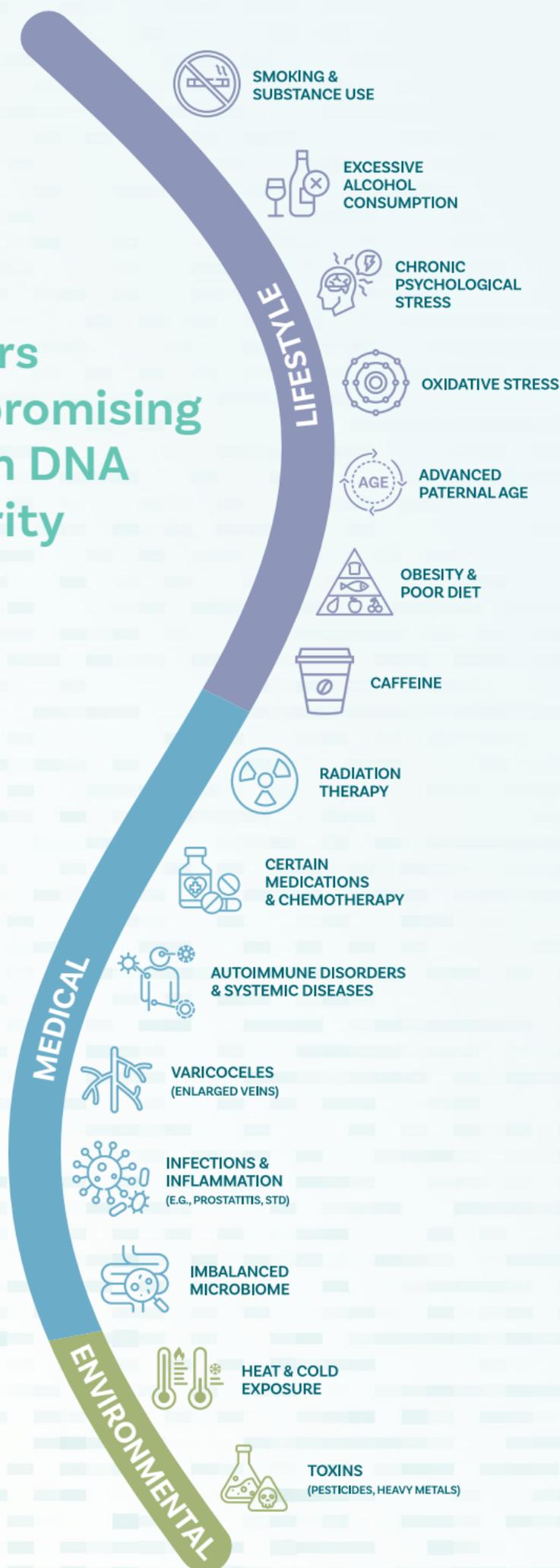


The new Standard

Sperm DNA fragmentation testing is now recognised as an important part of fertility assessments.

The World Health Organisation (WHO) includes SDF testing in its extended semen examination list, and it is increasingly recommended by leading fertility organisations worldwide, including the Global Andrology Forum (GAF) and the European Association of Urology (EAU).

Factors Compromising Sperm DNA Integrity



Why Examen

At Examen, we are committed to helping you take control of your fertility journey with reliable, cutting-edge testing.



ISO-Accredited Testing



Over 25 Years of Research



Over 25,000 Patients supported



Trusted by over 80% of fertility clinics in the UK and Ireland

Take Control of Your Fertility Journey

Don't let hidden sperm DNA damage stand in your way. Book an Examen SDF test today and take the first step toward understanding your fertility.



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Find out more:

