Ibuprofen Use Linked to Male Infertility According to New Study

The ibuprofen dosage commonly taken by high-level male athletes can afflict their testicles with a condition seen often in elderly men and linked to lower fertility.

According to a new study published in the *Proceedings of the National Academy of Sciences*, heavy daily usage of the ibuprofen "alters human testicular physiology" which results in a disorder called compensated hypogonadism.

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The study involved 31 men under the age of 35 and took place in Denmark and France. They looked at 1,200 milligrams of ibuprofen daily, which is the maximum limit to be taken regularly as directed. Within two weeks the amount of testosterone production was contingent upon the amount of ibuprofen in their blood. This disorder is also linked to depression and strokes.

> *We report a univocal depression of important aspects of testicular function, including testosterone production, after use of over-the-counter ibuprofen."*

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Symptoms are reversible when the ibuprofen was taken for a brief amount of time. More research is needed to understand effects of taking such ibuprofen dosages over longer periods like athletes often do.

Source:

- Ibuprofen use linked male infertility study finds