

使用冷藏及解凍的精子懷孕的機會如何？

What are the chances of achieving pregnancy with frozen-thawed sperms?

單精子卵漿內注射是對冷凍的精液進行體外受孕最有效的方法。精子可以直接進入卵母細胞，會有較高的受精率，精子質量差和精子數量非常低的患者亦可以通過以上方式進行體外受精。根據已經發表的研究顯示有 57% 接受治療的夫婦利用已冷凍1至18年的精子成功懷孕⁽⁴⁾。

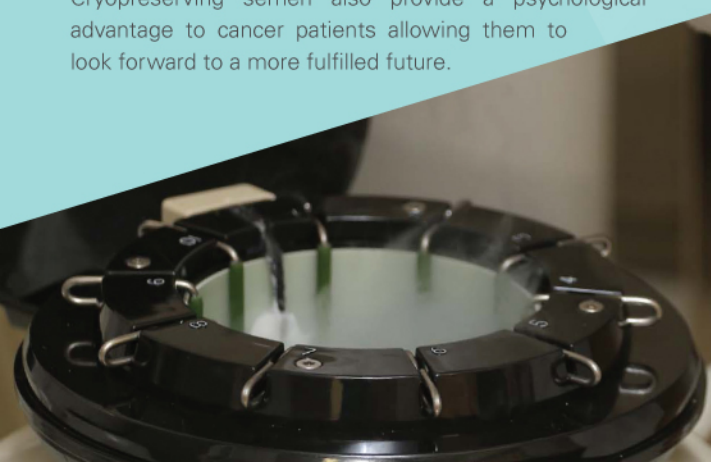
醫學的進步使年輕的癌症患者有較高的存活率。年輕的男士應該認真考慮在接受任何治療前儲存精子。

冷藏精子也可以使接受治療的患者心理質素提升，使他們對未來的生活有所期待。

In vitro fertilization (IVF) is the most effective method for achieving pregnancy from frozen-thawed sperms together with intracytoplasmic sperm injection (ICSI). With ICSI, a sperm is injected directly into the human oocyte achieving good fertilization rates even for patients with poor sperm quality and very low sperm counts. According to a published study, 57% of the treated couples achieved successful pregnancy using frozen-thawed sperms, which were frozen for duration between 1 and 18 years⁽⁴⁾.

Improvements in medical care has led to a better survival rate for young cancer patients. Young men should seriously consider cryopreserving sperms before undergoing treatments.

Cryopreserving semen also provide a psychological advantage to cancer patients allowing them to look forward to a more fulfilled future.



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港鐵尖沙咀站 E 出口，步行約3分鐘

TST MTR Station (Exit E), approx. 3-minute walk



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精子冷藏 Sperm Cryopreservation

什麼是精子冷藏？

What is Sperm Cryopreservation?

精子冷藏是長時間保存精子的方法。精液採集後會進行精液分析並記錄分析參數。然後加入冷凍保護劑，在冷凍過程中保護細胞免受損害。精子經過一個緩慢的程序冷凍過程後，便被轉移到液氮缸中作長期儲存。目前已經有了成功使用冷藏超過20年的精子而誕生的嬰兒。

根據美國臨床腫瘤學會，精子冷藏是唯一公認的生育保存方法並建議患者應在癌症治療前冷藏精子⁽¹⁾。

Sperm cryopreservation is a method of preserving sperms for a long period of time. After semen collection, semen analysis is performed and the parameters are recorded. Cryoprotectant medium is then added to the sample as it protects cells from damage during freezing. Finally, the sperm samples undergo a slow freezing process before transferring to liquid nitrogen dewar for long term storage. Children have been born from semen cryopreserved for over 20 years.

According to American Society of Clinical Oncology, sperm cryopreservation is the only established fertility preservation method and it is highly recommended that patients should preserve sperm prior to cancer treatments⁽¹⁾.

化療，放射治療和細胞毒類藥物如何影響精子的成長？

How Chemotherapy, Radiotherapy and Cytotoxic Drugs Affect Sperm Production?

化療和放射治療可以導致男士不育。這種不育症與放射部位，放射量，放射目標的大小，與睪丸的距離有關⁽²⁾。

照射劑量越高，與睪丸的距離越近，對精子數量和生產的影響越大。所以儲存精子對於癌症患者是非常重要的⁽²⁾。

需要接受細胞毒性藥物治療的男士，例如自身免疫性疾病和血紅蛋白病，亦可能會影響精子的生產⁽³⁾。因此，男士在任何可導致不育和 / 或精子基因損傷的治療前保存自己的精子是非常重要的⁽²⁾。

Chemotherapy and radiotherapy can bring about male infertility based on the amount of irradiation used and which parts of the body were irradiated, the size of the target field and the closeness of the field to the testis⁽²⁾.

The higher the dosage of irradiation, the closer the irradiation was to the testis, the greater the adverse effect on spermatogenic cells and sperm production⁽²⁾.

Men requiring cytotoxic therapy for conditions such as autoimmune disorders and hemoglobinopathies, may have impaired sperm production as well⁽³⁾. Hence, it is very important for men to preserve their sperms before any medical treatments that may cause infertility and/or genetic damage⁽²⁾.

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