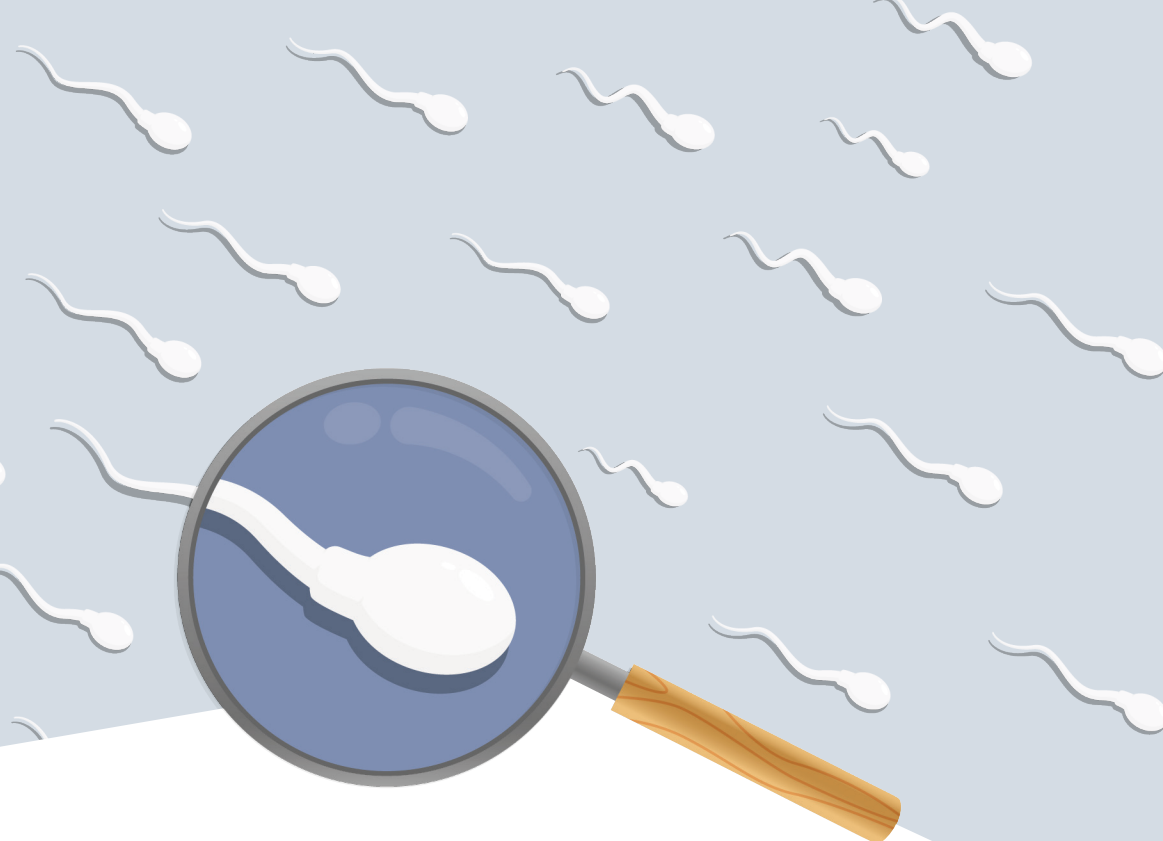




# Andrology Clinic and Laboratory



The Andrology Clinic is one of the services offered by the Division of Reproductive Endocrinology and Infertility, Department of Obstetrics and Gynaecology, National University Hospital. The clinic is led by Dr Huang Zhongwei, Consultant, Professor Ganesan Adaikan, Adjunct Research Professor in sexual health and scientific team from the Andrology Laboratory.



## Type of Services

In this clinic, we provide consultations for men and women with intimacy issues and andrological problems such as male factor infertility, male sexual dysfunction and female sexual dysfunction. The experienced laboratory staff performs seminal analysis, sperm washing for fertility treatments and sperm cryopreservation (banking).

### + Male Factor Infertility

40% - 50% of couples who have difficulty in conceiving have a contributory male factor. There may be coital difficulties between the couple and the male partner may have sperm abnormalities. Assessment for coital problems and analysis of sperm count and quality will allow personalisation and appropriate approach to handle a couple's intimacy and fertility issues.

### + Male Sexual Dysfunction

The clinic has contributed extensively to advancing male sexual health locally and internationally, handling problems such as erectile dysfunction, premature ejaculation, anejaculation and orgasmic dysfunctions.

### + Female Sexual Dysfunction

In the past, the clinic helped women mainly with non-consummation of marriage and painful intercourse (vaginismus). As women become more comfortable with their own sexuality, sexual expression and their wish to enhance their sexual lives, they are willing to discuss sexual inadequacies. Consequently, the clinic has seen a recent increase in the number of women with low libido, inadequate sexual arousal and inadequate orgasmic experience.

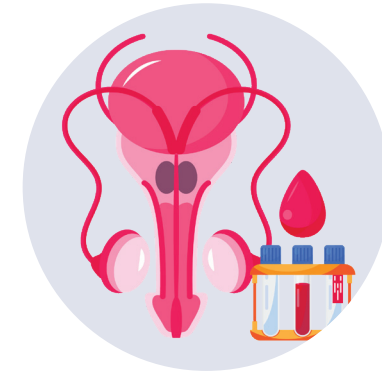


## What happens at the clinic?

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At the clinic, we spend great efforts to define the clinical problem and more time to explore the real causes leading to a couple's problems. We engage the individual alone initially, and whenever possible, as a couple. We always encourage the couple to be seen together as many of these intimate problems require them to work together and support each other throughout the treatment process.

Open discussion and honest expression are crucial to the management process. Education, counselling and behaviour modification are blended into main treatment modalities. In specific conditions, medications and rarely, surgery with onward referral to the relevant specialists may be prescribed to facilitate treatment.



## FAQ

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### + What is Erectile Dysfunction (ED)?

ED is the commonest sexual inadequacy afflicting man. About 20% - 40% Singaporean men (both young and the elderly) complained of some degree of ED. The psychological burden of this "impotence" is grave and many men suffered in silence until the advent of and publicity generated by the "blue pill" (Viagra). There are numerous causes of ED and medication may not be the only answer. ED may be the harbinger of the metabolic syndrome that affects men in the midlife. It is therefore advisable to evaluate ED early.

### + What is Premature Ejaculation?

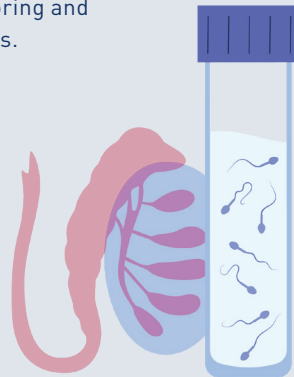
More men are coming forward with complaints of premature ejaculation. They experience early unintended ejaculatory response with minimal stimulation, leading to unsatisfactory sex and frustration for the individual and the couple. This disorder needs to be handled sympathetically and couple therapy is essential. Many techniques and medications are available for judicious application. Although commonly affecting younger men, we are seeing older men developing the inadequacies as well.

### + What is non-consummation of marriage?

Non-consummation of marriage occurs when a married couple is unable to enjoy penetrative vaginal intercourse. It is no longer confined to the less educated; sexual inexperience permeates across all levels of scholastic abilities. It arises from physical inaptness and interpersonal non-communion. Very often, expert care is required to overcome long standing psychological fear and inhibition.

### + What causes low sex drive in men & women?

Low sex drive affects both Singapore men and women to such an extent that we are consistently ranked at the bottom when sexual activity was studied in some recent surveys. Besides our social culture and the hectic pace of life, there are certainly other reasons that reduce our sexual activity, including biological and relationship issues. The role of the clinician is to identify those with biological / hormonal deficiency requiring careful monitoring and replacement, to achieve optimal health benefits.



### + What is semen analysis?

Briefly, it is a quantitative report of the sperm concentration, motility and normal forms. It is one of the tools to help investigate male cause for fertility problems.

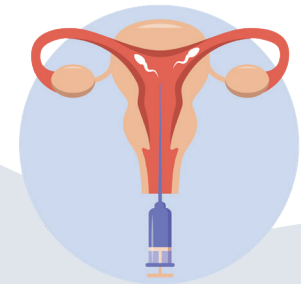
### + What is sperm cryopreservation?

Sperm from patients or donors is frozen in liquid nitrogen, for use at a later date. It is frozen for couples who cannot produce a specimen on demand; for pooling together several poor quality specimens; where patients need to undergo treatment damaging to their sperm production, like chemotherapy.



### + What is intrauterine insemination (IUI)?

It is a timed insemination whereby treated sperm is introduced directly into the uterus. It is for patients who may demonstrate sperm-cervical mucous hostility, poor quality sperm, or for unknown causes of failed conception after repeated attempts.

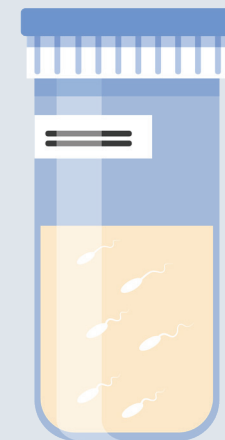


### + Does patient have to fast prior to the collection of semen?

Fasting is not required, as in other investigations.

### + How soon must semen be delivered to the laboratory after collection?

According to WHO guidelines, for accurate assessment, the specimen should be brought to the laboratory straight after collection and this should be within the hour.







## Our Patient Care Institutions

National University Hospital

Ng Teng Fong General Hospital &  
Jurong Community Hospital

Alexandra Hospital

National University Polyclinics

Jurong Medical Centre

National University Cancer Institute, Singapore

National University Heart Centre, Singapore

National University Centre for Oral Health, Singapore

NUHS Diagnostics

NUHS Pharmacy



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