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## UTILITY OF CLOMIPHENE THERAPY IN OLIGOSPERMIA

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Male infertility is very rare but often not identified and remain maltreated. We found a case of oligospermia, which was cured by clomiphene therapy.

### CASE REPORT

A couple came to our centre for primary infertility--they were married 3 years ago. Abdominal ultrasonography (USG) and thyroid function tests were normal but the husband had low sperm count (25 million/ml of semen). He was prescribed clomiphene citrate 25 mg/day for 1 month--his sperm counts was increased and he fathered a daughter.

### DISCUSSION

Among the male factors, obstructive azoospermia is found in 14.1% and oligoasthenozoospermia in 21.2% patients in a recent study.<sup>1</sup> Clomiphene citrate is indicated in anovulatory infertility, amenorrhea, oligomenorrhea with anovulatory cycles, and oligospermia.<sup>2</sup> It is a nonsteroidal weak androgen which acts as an estrogen receptor blocker in the hypothalamus. Most of the feedback control at the level of the hypothalamus is mediated by peripherally or locally formed estradiol. Clomiphene leads to an increase in GnRH (gonadotropin releasing hormone) release and subsequently to LH and FSH release. To perform clomiphene stimulation test, 50-100 mg of clomiphene

is given twice daily for ten days. Pooled samples of blood are taken and plasma LH and FSH are measured prior to clomiphene administration and on days 9 and 10. A 50-250% increase in LH and a 30-200% increase in FSH and a 30-220% increase in testosterone on day 10 of the test is a normal response. As a treatment of male infertility clomiphene citrate is used 100 mg 3 times weekly or 25 mg daily for the first 25 days of each month. Pregnancy rates of about 30% have been reported.<sup>3</sup>

### REFERENCES

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2. MIMS Bangladesh. 2000 ; 2 (2) : 82.
3. Sharlip I D. Male reproductive disorders. In Fitzgerald PA (ed.): Handbook of Clinical Endocrinology. 1986 California, Jones Med. Pub. pp. 249-288.