

Urology News

Book Review.

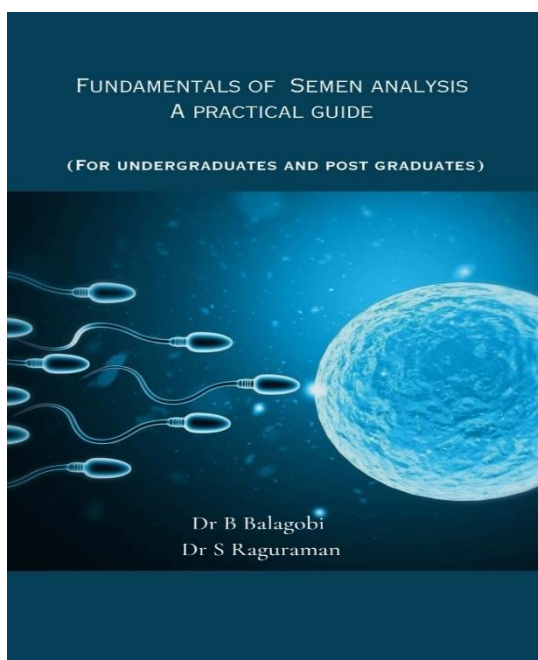
Fundamentals of semen analysis – A practical guide

Editors: B. Balagobi and S. Raguraman

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Urological surgery in Sri Lanka has advanced remarkably during the last three decades and almost all latest technology and expertise is widely available in most parts of the country. However, Andrology which is considered a subspeciality of urology in Sri Lanka is constantly evolving. In this backdrop it is heartening to see a Urological Surgeon from Northern Sri Lanka has joined a keen Gynaecology colleague to write a book titled Fundamentals of Semen Analysis – A practical guide for the benefit of both undergraduates and postgraduates who wish to learn basics of male subfertility.

Subfertility is defined as inability to conceive despite one year of unprotected regular sexual intercourse. The incidence is rising worldwide and affects about 20% of the population. Among 40 % of the subfertile couples, the male partner requires specialist medical services to improve their fertility. Writing a forward Prof R.S. Jayendran from USA who has written several landmark articles and comprehensive books related to subfertility highlights the significance of clinical semen analysis as it is practical and cost-effective for all couples seeking fertility treatment compared to manipulating the oocytes. It is time, future urologists pay more attention to this field which makes a significant segment of Andrological care, and this book will certainly encourage such endeavor's.

Although seminal fluid analysis is a commonly done test in medical practice, only a very few know how to interpret the results fully. Many, if not all will read it superficially and make cursory remarks. One reason is that many intricacies of different aspects of the interpretation are not found in a single reader friendly accessible reference. This book is an admirable effort on the part of its authors to put together the wide-ranging details of this topic in precise and simple language. The book provides a clear knowledge on factors affecting fertility, how to investigate male factor infertility and how the basic semen analytical studies are done. Basic knowledge and understanding of pathophysiology of subfertility is important for primary care doctors and those involved in the relevant specialty to handle each case of subfertility. The editors have assembled 11 chapters focusing on basics of

spermatogenesis, principles of seminal fluid analysis and assessment, a proper semen collection and laboratory aspects.

Apart from few typographical errors and repetition of few similar concepts which could easily be eliminated in subsequent editions, it is a very readable book that should be classified as essential knowledge for any practitioner called upon to deal with subfertility. Laboratory information described in detail on some occasions may not be directly relevant for clinicians but is unavoidable as a valuable reference when used by medical laboratory staff as well.

The book is in a compact A5 format of high-quality printing with 124 pages and reasonable priced. When one considers the effort that has gone into the production and the present escalating costs of printing paper, the price of the book is very reasonable. The text is well supported by many figures and tables and key references which make the book extremely reader friendly.

The final chapter is question and answer type which discusses interpretation of eight seminal fluid analysis reports and ten single best answer MCQs. This ensures the reader has adequate knowledge to manage the male partner of a sub-fertile couple in real time clinical practice. The patient information leaflet given last is a very useful tool for practising andrologists, clinicians requesting seminal fluid analysis test and even medical laboratories as copies of which can be handed over to patients

who is recommended to have a seminal fluid analysis.

Reviewed by:

Abeygunasekera A.M.

Sivagnanasundarampillai T.

Department of Urology,

Colombo South Teaching Hospital,

Kalubowila, Sri Lanka.