



UROLOGICAL SOCIETY OF AUSTRALIA AND NEW ZEALAND

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Great balls of fire - laptops overheating men's testicles

If you're a man, your lap may in fact may not be the best place to work on your laptop if you are concerned about your reproductive health, warns the Urological Society of Australia and New Zealand.

A new study, published in the journal, *Fertility and Sterility*, shows that sitting with a computer on your lap will heat up the temperature of your testicles which in turn may affect sperm quality.

"This is important information for the hundreds of thousands of men in their reproductive years who regularly use laptops for work or recreation," said the Urological Society President, Dr David Malouf.

The researchers, at the State University of New York, hooked thermometers to the scrotums of 29 young men who balanced a laptop on their knees and found that even with a pad under the computer the men's scrotums overheated quickly.

Furthermore, the study found that the temperature rose above what is considered a safe level after 10 to 15 minutes without the men noticing.

"The testicles are situated outside the body and are usually a few degrees cooler than the inside of the body which is necessary for the production of healthy sperm" says Dr Malouf.

"There is no conclusive evidence about the impact of overheating on men's fertility, but earlier research has shown that warming the scrotum to more than one degree Celsius is enough to damage sperm.

"This most recent study showed an elevation of 2.5 degrees of the testicles of men using laptops on their laps," says Dr Malouf.

"Our advice to men concerned about their reproductive health would be to err on the side of caution and use their laptop on a table or desk where possible."

To interview Dr David Malouf, please contact Edwina Gatenby, Maxicom Public Relations
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