

A report had the following key findings:

- Men who smoke have a lower sperm count and a higher proportion of malformed sperm.
- Women who smoke take longer to conceive.
- Women who smoke are twice as likely to be infertile as non smokers.
- Men and women who smoke have a poorer response to fertility treatment
- Women who have stopped smoking take no longer to become pregnant than those who have never smoked.
- Stopping smoking improves sperm count and quality.

***These finds came from the British Medical Association 2004 [www.bma.org.uk](http://www.bma.org.uk) and Fertility and Sterility 2004***