



## Is a vasectomy reversible?

Having a vasectomy should always be viewed as a permanent measure. However, it can be possible to have a vasectomy reversed in an operation called a vasovastostomy. This operation is more complex than the original vasectomy and takes longer. It often needs to be done under general anaesthetic. The surgeon has to find the 2 ends of the severed vas deferens and cut off the ties and any scar tissue. Then the 2 new ends have to be very carefully sewn together in a skilful operation. With varying levels of success, it is considered most achievable within 5 years of the original vasectomy.

Following micro-surgery to reverse a vasectomy, there is gradual recovery of sperm count in most men, but the level of recovery is variable. Factors such as age and time passed since vasectomy are 2 factors that may influence the level of recovery.

## Other Concerns

Those involved in the sterilisation industry have a huge financial interest in keeping the truth hidden. Also, many doctors now regard vasectomy as a common procedure and may not want to get involved with the major health and legal implications.

It would be wise for patients to adopt a cautious approach before blindly accepting the word of their physician, especially when they are told that there are minimal side effects.

## The help that men deserve

Men deserve to be fully informed with the facts. Only then will they be able to have full consent. Concealing or usurping this information can seriously jeopardize a man's autonomy.

If you need to use a safe and natural way of planning your family (provided you have a just reason for doing so), then you might want to investigate a method of natural family planning such as the Billings Ovulation Method, or the Creighton Method (also known as Napro Technology).

### References:

1. Chastity.com, <http://chastity.com/chastity-qa/birth-control/methods/sterilization-surgeries/st>, (August 15, 2012).
2. H.J. Roberts, *Is Vasectomy Worth the Risk?*, Sunshine Sentinel Press, 1993.
3. E. Verajankorva, et al., "Sperm antibodies in rat models of male hormonal contraception and vasectomy." *Reproduction, Fertility and development*, 1999.



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What you should know about

# Vasectomy





## Side Effects

### - Post-vasectomy pain:

Such pain can last for weeks or even years. Some men receive another operation to remove the epididymis or testicles. Sometimes the vasectomy is reversed in order to lessen the pain.

One man wrote, *"I have lived the nightmare of chronic pain and autoimmune reactions since my own vasectomy in August of 1999. Nineteen surgeries and nerve blocks, 197 medications and other substances, and dozens of therapies that I have pursued in the interim have not resolved the pain I experience on a daily basis."*<sup>1</sup>

### Other complaints:

- **kidney stones** (2.5 x as likely)<sup>2</sup>
- **reduced marital satisfaction**
- **feelings of remorse** (sometimes last indefinitely)
- **"Blow-out"**: Following a vasectomy, a man's testes will continue to produce millions of sperm each day. However, because the vasa differentia have been severed or blocked, the sperm have no natural way to be released. If the tubes are blocked, the pressure of backed-up sperm often causes a "blowout" of the epididymis, the tubes that hold sperm, which can be very painful. Inevitably sperm cells enter the bloodstream, where antibodies must be created to destroy them.



## What Is Vasectomy?

Vasectomy is a permanent form of birth control known as sterilisation. This is a procedure in which the tubes (the vasa differentia) that transport a man's sperm are surgically removed, severed or clamped shut.

The vasectomy, otherwise known as the 'Quick Fix', has had a bit of bad publicity over the years. To counter this, the sterilisation industry has downplayed the complications of the procedure.

Millions of men around the world each year opt for a vasectomy—with potentially long-term health problems—rather than children. Those who do return to complain about problems are usually told that their case is exceptional. We need medical science to be totally truthful about the results of sterilisation procedures.

For a start they should inform men that vasectomy is really an experimental procedure as the long-term effects are still largely unquantified.



- **Auto-immune response:** Once a "blowout" occurs, and the sperm enter the blood stream, the auto-immune system's response to this invasion is to begin making antibodies to attack the body's own cells. This affects not only the sperm cells themselves, but other cells and tissues as well. It is known that 75% or more of the men who have had a vasectomy will produce these anti-sperm antibodies. While many doctors will deny that this reaction is harmful, research indicates otherwise: *"The presence of sperm antibodies correlates with nearly every pathological condition of the male reproductive tract."*<sup>3</sup>

- **Linked Diseases:** Over the past 30 years, the list includes prostatitis, prostate and testicular cancer, erectile dysfunction, rheumatoid arthritis, chronic testicular pain, chronic inflammation, epididymitis, recurrent serious infections, atherosclerosis, non-Hodgkins' lymphoma, diabetes, multiple sclerosis, migraine, liver dysfunction, generalised lymph node enlargement, and adrenal gland malfunction.

According to H.J. Roberts, MC, who has researched extensively for more than 25 years:

*"...no other operation performed on humans even approaches the degree and duration of multiple immunologic responses that occur in the post-vasectomy state."*<sup>2</sup>

