



Comprehensive Research Experience for Medical Students  
Summer Research Program 2019

Supervisor/Project Information Form

*Due February 20 2019 by email to [crems.programs@utoronto.ca](mailto:crems.programs@utoronto.ca)*

Supervisor Name: Keith Jarvi

Project Title: Nutrition and Male Fertility: healthy man, healthy sperm

Hospital/Research Institution: Sinai Health System

Email: keith.jarvi@sinaihealthsystem.ca

Field of Research (2 keywords): nutrition, fertility

Department: Surgery (Urology)

School of Graduate Studies Appointment (IMS, LMP, IHPME etc)? Yes:    If YES, please name: IMS

Project Title: Nutrition and Male Fertility

Brief Project Description (< 300 words):

Recently, the Government of Canada released the newest version of Canada's Food Guide, a guide for healthy nutrition for Canadians. The Guide suggested Canadians increase the consumption of fruits and vegetables, whole grain foods and foods rich in proteins, while avoiding foods with high sugar, sodium and saturated fats.

The association of diet with male fertility has been studied with better fertility for those having a higher consumption of fish, nuts, fruits and vegetables and reduced fertility for those eating diets high in sugars, sodium and saturated fats. Men exposed to food more likely to contain toxins also have poorer fertility. What has not been studied is how many men with infertility have a "poor" diet, what types of "poor" diet these men have, what are the exposure rates to food known to contain high levels of toxins and if there are semen parameters characteristic of men having a "poor" diet.

We plan to study the frequency and type of "poor" diets in men using a standardized computerized Food Frequency Questionnaire and compare the results to the semen and hormonal parameters for the men. The summer student would work with the Urology team at the Sinai Health System to meet patients and confirm the answers on the computerized Food Frequency Questionnaire link these results to the semen and hormone parameters, work with our biostatistician to analyze the results and is expected to present the work at the student research day.