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Nursing science

200lvl

PHS 212

Topic:SEMEN

This is also called seminal fluid, This is fluid that is emitted from the male reproductive tract and that contains sperm cells, which is capable of fertilizing the female eggs. Semen also contains other liquid known as seminal plasma, which helps to keep the sperm viable.

Also in the sexually mature human male, sperm cells are produced by testes (testes); they constitute about 2 to 5 percent of the total semen volume. As sperm travels through the male reproductive tract, they are bathed in fluids produced and secreted by various tubules and glands of the reproductive system. After emerging from the testes, sperm are stored in the epididymis, in which secretions of potassium, sodium, and glycerol phosphocholine (an energy source for sperm) are contributed to the sperm cells. The mature sperm in the epididymis then pass through a long tube called the ductus deferens or vas deferens. During the ejaculation, liquids from the prostate gland and seminal vesicles are added, which help to dilute the concentration of sperm and provide a suitable environment for them. Fluids contributed by the seminal vesicles are approximately 60 percent of the total semen volume.

These fluids contain fructose, amino acids, citric acid, phosphorus, potassium, and hormones known as prostaglandins. The prostate gland contributes about 30 percent of the seminal fluid; the constituents of its secretions are mainly citric acid, phosphate, calcium, sodium, zinc, potassium, and protein splitting.

The total volume of semen for each ejaculation of a human male averages between 2 and 5 ml (0.12 to 0.31 cubic inch). In stallions, the average ejaculate is about 125 ml (7.63 cubic inches). In human beings, each ejaculation contains normally 200 to 300 million sperm. Semen frequently contains degenerated cells sloughed off from the network of tubules and ducts through which the semen has passed.

2. Testosterone

This is the primary male sex hormone and anabolic steroid in male humans, testosterone, such as testes and prostate, as well as promoting secondary sexual characteristics such as increased muscle and bone mass, and the growth of body hair. Also, it increases neurotransmitters which encourage tissue growth. It also interacts with nuclear receptors in DNA, which causes protein synthesis.

It increases levels of growth hormone that makes exercise more likely to build muscles. However, testosterone helps prevent the risk of bone fracture in men because they have a higher risk of accelerated bone turnover. It is converted into estradiol via aromatization in many tissues, including male bone. The importance of estrogen receptor alpha activation as well as aromatization of androgen into estrogens was highlighted by a number of cases of men suffering from an inactivating mutation in the estrogen receptor alpha or in the aromatase enzyme.

