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Does delaying fatherhood reduce fertility?

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In a study published in *Acta Obstetricia et Gynecologica Scandinavica*, couples in which the prospective father was older had a reduced likelihood of a successful birth through *in vitro* fertilization/intracytoplasmic sperm injection (IVF/ICSI). This was true independent of the prospective mother's age.

The study included 4,833 IVF/ICSI cycles (involving 4,271 men), with 40.8% of cycles resulting in a live birth. Compared with younger men, the probability of a live birth was 33% lower for men older than 50 years of age.

"Paternal age over 50 significantly affects the chance of achieving a live birth following assisted reproductive technology," the authors wrote. "There should be a public health message for men to not delay fatherhood."

More information: Guy Morris et al, Paternal age over 50 years decreases assisted reproductive technology (ART) success: A single UK center retrospective analysis, *Acta Obstetricia et Gynecologica Scandinavica* (2021). DOI: 10.1111/aogs.14221

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