

Should you freeze your sperm? The biological clock is ticking for men, too

Women face the brunt of societal pressure to have children before a certain age, but a new [study](#) concludes that the so-called biological clock is a concern for men, too. A man's age can affect his fertility, the well-being of his partner during pregnancy, and the long-term health of his children, the research found. The authors suggest that more men may want to consider banking their sperm if they intend to wait until later in life to start a family.

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In expectant mothers, conceiving a child with an older father was associated with a higher risk of gestational diabetes and preeclampsia (a complication marked by high blood pressure and swollen feet and legs). Paternal age also seems to increase the risk of premature and low-weight births. Children born to older fathers also appear to have a higher chance of being diagnosed with health conditions like autism, schizophrenia, and certain childhood cancers.

Many of these same risks are also true with older mothers, but the authors say that older men are rarely advised by doctors (or snarkily criticized by [their family](#) or [society at large](#)) about their ticking biological clock.

Read full, original post: [Why You Might Want to Freeze Your Sperm Before Age 35](#)