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## Freezing eggs is option for Irish girls

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**Mum: Marcia Cross**

**Young Irish women should freeze their eggs before they reach 35 so they can start a family later in life, according to a top fertility doctor.**

The average age of women in childbirth in Ireland is 31, which makes Irish mothers the oldest in the European Union.

Egg freezing has been advised for medical reasons in the past, but now it is being advocated for young single women or couples who want to postpone childbirth until their forties, like celebrity mothers Nicole Kidman and Marcia Cross.

Dr. Hans Arce, Assisted Reproduction Consultant of Institut Marques in Dublin, said Irish women should consider their long-term future when it comes to having a family. He said: "The problem is women don't plan for so many years in the future. If you want to pass on your genes, freezing your eggs is a really good option."

"A lot of people think they will have kids when they're 30 and then they get transferred to another country with their job and that makes it 32 and then something else happens and they find themselves at 39 and want to freeze eggs and it's too late. I think the ideal age is below 35."

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He said more and more Irish women are waiting to have their first child until their late thirties to study, travel and climb the career ladder, but then they can encounter fertility problems when they begin trying for a family.

A string of famous women like Desperate Housewives Marcia Cross are part of a growing trend of older mothers.

Her twins Eden and Savannah arrived when she was 44, while Nicole Kidman was 41 when she had her daughter Sunday.

There has been a 50 per cent rise in the number of Irish women in their late forties seeking fertility treatment at the clinic which specialises in the diagnosis and treatment of long-standing unexplained infertility.

Over 68 babies have been born to Irish women over the age of 45 over the last seven years after successful fertility treatment in the Institut Marques clinic, which has its headquarters in Barcelona.

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