

White wine reduces chance of IVF success in women

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White wine had a bigger effect on women's fertility, while beer had the worst impact on quality of men's sperm.

WHITE wine can dramatically reduce the chances of a successful pregnancy for women undergoing IVF, scientists in the US have warned.

Sharing one bottle of wine a week could cut a couple's chances of having a baby by 26 per cent. They also told men to avoid beer to maximise their chances of becoming a father.

A large-scale study of couples in their 30s found that even low levels of alcohol consumption can increase the risk of miscarriage or an embryo not implanting properly in the womb.

White wine had a bigger effect on women's fertility than any other drink, while beer had the worst impact on the quality of men's sperm.

The findings come days after the president of the Royal College of Physicians in the UK warned of the dangers to women's health of "winding down" with a glass of wine.

In the study, researchers from Harvard Medical School in Boston in the US asked 2500 couples before their first IVF cycle about the amount and type of alcohol they consumed.

After taking into account factors including age, weight and whether they smoke, they found that women who drank white wine more than once a week had a 24 per cent lower chance of a live birth.

There was a 23 per cent reduced chance of the embryo implanting properly.

The study also found that if both parents drank six units of alcohol a week, the chances of a live birth declined by 26 per cent. Six units is equal to two large glasses of wine, three pints of beer or six shots of spirit.

Dr Brooke Rossi, who presented the findings to the American Society for Reproductive Medicine conference, said: "In general, women are told they should stop drinking when trying to achieve pregnancy."

Tony Rutherford, the chairman of the British Fertility Society, said the society's guidelines and those from the National Institute for Health and Clinical Excellence stated that women should not drink at all during their pregnancy.

However, US Government guidelines say one or two units a week should not do any harm.

Source: <http://www.news.com.au/story/0,27574,26244330-36398,00.html>