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Aspirin helps infertility treatment

NEW YORK, Apr 26 (Reuters Health) -- Women undergoing in vitro fertilization (IVF) are more likely to become pregnant if they take low doses of aspirin in conjunction with drugs that stimulate ovulation, a study suggests.

Dr. Ester Polak de Fried and colleagues, of CER Medical Institute in Buenos Aires, Argentina, compared 149 women who took a daily dose of 100 milligrams of aspirin while taking ovulation-stimulating drugs to 149 "control" women undergoing the same IVF treatment who did not take aspirin.

They found that 45% of women in the aspirin group became pregnant compared with 28% in the control group. On average, 19.8 follicles and 16.2 oocytes (eggs) were retrieved from the aspirin-treated women compared with 10.2 and 8.6, respectively, from the women who did not receive aspirin.

"Low-dose aspirin treatment significantly improves ovarian response, uterine and ovarian blood flow velocity, implantation rate, and pregnancy rate in patients undergoing IVF," the investigators report in the May issue of *Fertility and Sterility*. "Aspirin seems to be a useful, effective, and safe treatment in patients who undergo assisted reproductive technologies," Polak de Fried and colleagues conclude.

SOURCE: *Fertility and Sterility* 1999;71:825-829.