

# Heavy prenatal alcohol exposure and risk of stillbirth and preterm delivery

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We prospectively identified 96 women consuming at least 4 drinks/day during pregnancy by screening 9628 pregnant women. In these women with heavy prenatal alcohol use, there were three stillbirths and one preterm delivery; 98 matched nondrinking women had no stillbirths and two preterm births. Preterm rates did not differ significantly. The stillbirth rate was higher in the exposed group ( $p=0.06$ ). Additional investigation showed the stillbirth rate in the exposed population (3.1%) was significantly higher ( $p=0.019$ ) than the reported Chilean population rate (0.45%). Our data suggest that heavy alcohol consumption may increase the risk for stillbirth but not preterm delivery.

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