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## “Twins, triplets or more – overcoming challenges” “Halving the risk of preterm birth for twins”

**For national release [22 September 2014]**

The Australian Multiple Birth Association (AMBA) 42<sup>nd</sup> National Convention is being held in Sydney, 31 Oct – 2 Nov 2014. The theme for this year's Convention is 'Challenges' and AMBA is thrilled with recent news from the Robinson Research Institute at the University of Adelaide about a study that has shown that the risk of preterm birth could be halved with the use of progesterone in certain circumstances.

*Approximately 50 percent of twin pregnancies end in preterm birth compared to 5% of single births.*

AMBA's Patron, Associate Professor Mark Umstad, says: “Finally, some good news on preventing preterm delivery in twins! The data on progesterone initially looked promising for twins, then twin experts became despondent over the years as several studies and reviews suggested little benefit, and possibly harm”.

"This paper led by the University of Adelaide has reviewed every study of the use of progesterone to prevent adverse outcome in twin pregnancies. The study design involved reanalysing every patient by the exact same criteria. It has shown that progesterone does reduce adverse perinatal outcome in twins but *only* if the cervix is identified as being short prior to 24 weeks' gestation."

Attendees at the convention over the last few years have been kept up to date about studies on interventions for a short cervix being conducted using progesterone, cervical sutures and the Arabin pessary. "Unfortunately these studies had not shown them to be effective and that's why the study by the University of Adelaide is great news for expectant parents of twins", Assoc. Prof. Umstad says.

As this year marks AMBA's 40<sup>th</sup> anniversary, Assoc. Prof. Umstad will also be talking about *Forty years: a history of managing multiple births*. A number of founding club members will be attending the convention.

### **For media enquiries or to arrange an interview please contact**

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### **About the Australian Multiple Birth Association**

Australian Multiple Birth Association was set up in 1974 to help support families with twins, triplets or more. It is a volunteer-run not-for-profit organisation comprising of multiple birth families. The organisation provides support, resources and education to multiple birth families from “those who know”. For further information visit [www.amba.org.au](http://www.amba.org.au)