**[Sunrise With Sarah-Jane Mee](https://scout.tveyes.com/)**

02/08/2017 09:18:11 AM

* [Sky News](https://scout.tveyes.com/) /

* [U.K. National](https://scout.tveyes.com/)

A new study shows that physically demanding jobs and shift work may be linked to lowered fertility in women. The data found that heavy lifting could lead to a lower reserve of eggs, and that night shifts could lead to fewer mature eggs. We're joined now by Professor Geeta Nargund from fertility clinic Create Fertility. How worried should we be by this new research? Well, I would say these findings are interesting and based in the late further research in order to conduct large properly designed studies to see whether there are any real conclusions for ups to advise women -- for us to advise women about their job patterns, especially physically demanding jobs and night shifts, but I don't think we could draw conclusions to advise women to give up the night shifts or current physically demanding jobs based on this study. If I may just explain, in this study what they have tried to look at is is there a link between a number of eggs in a women's ovaries who does night shifts and someone who doesn't. The numbers are slightly diseased, but not worrying at all. -- slightly reduced. Women who do night shifts instead of desh is, the association is slightly higher. -- day shifts. There have

been previous studies showing a link between night shifts in women and irregular periods, increasing miscarriages... That's interesting, but the way of the world is theirs. If you see a job that says you will have two heavy-lift and work overnight, most people would not want to do the job, but they have two. Is there something that can be done to combat the effects here? As I said earlier, we can't relate this heavy lifting to possibly lower egg reserve. It requires a larger study, so we can't draw conclusions, but the findings are interesting and as you quite rightly said, there are a lot of women who do night shifts and heavy lifting jobs and we can't take them away from those jobs based on one preliminary study. So it is important that we do detailed happily designed studies because they really haven't said in the

study were that the pregnancy rates were any difference or women taking babies home was any different. Just having one or two less eggs may not have any difference to them getting pregnant. Professor, can I interrupted? Is this not just an overall health thing because you work on night shift? It could be attributed to any number of illnesses or ailments that shift workers get. Nurses did the own study about breast cancer. Did you get more breast cancer if you did night shifts? Yes you did. 50% more. Across the board, is probably all types of help. Yes, I know. Sleep disturbances can have negative impacts on hormonal rhythms and metabolism. Activities are out of sync with your body clock. We can do is balance when necessary to ensure

there is not too much sleep disturbance and they are able to cope with activities and the body clock and at the same time looking at the reproductive health. There are some messages, but what is more important is to do further studies before we draw conclusions and tell women or advise women. They are interesting findings and we know there are several important hormones that get affected with sleep disturbances and night shifts. There is a physiological basis for it, but particularly looking at egg reserve, we really need to do further studies before we can draw conclusions because previously, as you said, there has been a link with breast cancer, there's been a link with early miscarriages, irregular periods, time taken to get pregnant. So in some ways, the data is coming, but we need to address this further with more detail and women who do these jobs clearly need to pay close attention... I'm afraid we've run out of time, but we get the gist of what you are saying about the implications of shift work. Thank you for speaking to us. Quite interesting. People on this programme, when they do overnights, when they come off the overnights, they look different. Yes, a lot healthier.