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Postpartum weight: A guide to calculate the expected pre-pregnancy weight to study the risk of maternal overweight and obesity on congenital anomalies

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Objectives: To study the risk of maternal overweight and obesity on congenital anomalies (CAs) using the expected pre-pregnancy weight and body mass index (EPPBMI) calculated from postpartum weight.

Methods: By deciding a four difference factors, one for low, normal, overweight, and obese pregnant mothers as 60% of the corresponding weight gain during pregnancy, and subtracting every factor from its corresponding postpartum weight, to calculate the corresponding EPPBMI in cases and controls, to study the risk of overweight and obesity on CAs in these types, mothers were examined retrospectively at the birth defect center of Al-Ramadi city at 2010. For every case mother, two mothers producing healthy neonates selected randomly as controls. Calculated EPPBMI of cases compared with controls to study the risk of gestational obesity on CAs using odd's ratio and relevant 95% confidence interval.

Results: Overweight and obesity was more in postpartum weight and calculated EPPBMI of cases than controls. Both obesity and overweight found a risk factor for development of CAs. Obesity found a risk for development of VSD, ASD, congenital hip dislocation, hydrocephalus, meningomyelocele, cleft lip & palate, and Down's syndrome, while overweight found a risk factor for ASD.

Conclusion: Calculation of the EPPBMI from the postpartum weight is simple, and makes studying the risk of maternal obesity on CAs easy in areas with absent or late visiting antenatal care mothers. Overweight and obesity is proved to be a risk factor for CAs. Social education about early antenatal care and alertness for complications of gestational obesity, and the application of the pre-pregnancy health care system is important to reduce the prevalence of CAs.

Biography

Zaid Rasheed Al-Ani is a Professor of Pediatrics. He has completed his Bachelor of Medicine from Basrah University, Southern Iraq, in 1978. He is a Senior Teaching Staff in Anbar College of Medicine teaching pediatrics for undergraduates and DCH & CABP post-graduates, and Senior Consultant Pediatrician in Al-Ramadi MCH Teaching Hospital since 1993. He is the Project Designer and Director of the "Western Iraq Center for Congenital Anomalies Registry and Surveillance" (WICCARS) of Al-Ramadi city, and member of different discussion committees in DCH, CABP, and PhD theses. He has published more than 11 papers in reputed journals.

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