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Pregnancy outcomes in a population with high prevalence of obesity

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Introduction: Increasing prevalence of obesity and its associated complications is a major public health concern. The prevalence of obesity in United Arab Emirates reaches 39.9% among females and the WHO estimates that obesity prevalence will reach 44.6% among females by the year 2015.

Objective: To evaluate the effect of varying degrees of maternal obesity on perinatal outcomes.

Methods: Retrospective study of 1985 women grouped as per WHO classification into 5 groups according to the body mass index (BMI) measurements in early pregnancy. The obstetric and perinatal outcomes were compared by creating multiple logistic regression models.

Results: Risk of many maternal and fetal complications were found to be increased in obese women. Some of these complications showed an increasing trend with increasing BMI. Morbidly obese class III women were 5 times more likely to develop hypertensive disorders of pregnancy (OR=4.97), 4 times more likely to develop gestational diabetes (OR 3.75), 3 times more likely to deliver post term (OR 2.99) and almost 3 times more likely to deliver by caesarean section (OR 2.73) as compared to women of normal BMI. Morbidly obese class III women showed an astonishingly increased risk of delivering big babies (OR-17.30).

Conclusion: Maternal obesity especially morbid obesity in early pregnancy is strongly associated with a number of obstetrical and perinatal complications. Pregnancies in obese women should be managed as high risk pregnancies with strategies for prevention, early detection and management of complications arising from obesity.

Biography

Pooja Rajesh Vaswani has completed her Masters degree in Obstetrics and Gynecology from India in the year 1992. She is a member of Royal College of Obstetricians and Gynecologists of United Kingdom since 2005. She has a vast experience in the field of OBGYN. She has been working in the Middle Eastern countries since past more than 15 years. She has more than 10 years of teaching experience and has a keen interest in clinical research. She has many publications in reputed journals to her credit. One of her research work won first prize in UAE in the year 2011.

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