



The role of Education for prevention of obesity in highrisk pregnancies

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A high risk pregnancy is that with a significant probability for a poor maternal or fetal outcome. Highrisk pregnancies are a small segment of the obstetrics population that produces the majority of the maternal and infant mortality and morbidity. Today excessive weight gain is a major health problem in the world.

Obese women who become pregnant- and their fetuses- are predisposed to various serious pregnancy-related complications. These complications are ; gestational diabetes, preeclampsia, postterm pregnancy, thrombosis, fetal macrosomia, emergency cesarean delivery, wound infection, stillbirth and...

Recommended weight gain for obese pregnant women is 11 to 20 pounds. Obese women present anesthesia challenges that include difficult epidural and spinal analgesia placement and complications from failed or difficult intubations. Weight reduction is strongly recommended for reduction of complications. Dietary interventions, physical activity, and surgery procedures (in morbid obesity) are useful for weight reduction. Moreover weight reduction strategy differ individually in highrisk pregnant patients.