



Maternal and fetal complication of obesity

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Approximately 60% of women of reproductive age are overweight (BMI >25 kg/m²) and of these, 50% are obese BMI >30 kg/m²). Additionally, 8% meet the criteria for class III obesity, or a BMI greater than 40 kg/m².

Obese women are at risk for Type 2 diabetes mellitus ,hypertension ,coronary heart disease, cardiomyopathy ,sleep apnea, ischemic stroke ,gallbladder disease ,liver disease ,steatohepatitis (NASH), osteoarthritis subfertility ,cancer—endometrium, colon, breast ,deep-vein thrombosis ,carpal tunnel syndrome and Poor wound healing. So these complication can affect pregnancy and the rate of abortion , Congenital anomalies, Preeclampsia ,gestational diabetes mellitus ,preterm birth ,Intrauterine fetal demise are increased in these pregnancies. Also the rate of cesarian section ,Anesthesia complications,Excessive blood loss and Postpartum endometritis are higher than not obese women. Also the rate of deep vein thrombosis is higher than general population.

The complication of maternal obesity in neonate of these women are fetal macrosomia ,shoulder dystocia and childhood obesity and its following morbidities.

Conclusion: Education and pre-pregnancy reduction of weight and close monitoring of these pregnancies are necessary for improving outcomes of maternal and fetal consequences.