

28. THE IMPACT OF OBESITY ON PREGNANT WOMEN AND FETUS



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Introduction. Obesity is a condition characterised by excess of body fat and low body mass (BMI ≥ 30). Statistics show that more than 50% of obese and overweight people in Europe are overweight, 26.5% of women of reproductive age are overweight, about 40.4% are obese and about 10% are morbidly obese.

Aim of study. Review of data on the management and complications of maternal and fetal obesity in pregnancy.

Methods and materials. All relevant information was obtained from literature review from the open access databases as Cambridge Journals Online, PubMed, Medscape, ScienceDirect, using the Key words: “gestational obesity”, “obesity in pregnancy”, “gestational diabetes”, “gestational hypertension”.

Results. Pregnant women with BMI >30 kg/m² can suffer from a variety of complications, including: gestational diabetes 3-4.6 times more often than patients with BMI < 30 kg/m², increases the risk twice of developing gestational hypertension, 2-4 times the risk of developing pre-eclampsia and 4 times the risk of developing venous thromboembolism. Maternal obesity is associated with the risk of congenital malformations to the fetus, such as heart defects, neural tube defects (1.7 times), urinary tract and renal anomalies and increased risk of delivering infants with macrosomia (37%). Also, the risk of stillbirth increases 2.1 times. Some studies show that 11-20% of stillbirths were a consequence of maternal obesity. BMI > 30 kg/m² without other additional factors is not an indication for caesarean section. Also, the risk of infection is 2.4 times higher in caesarean section than patients with BMI < 30 kg/m².

Conclusion. We note that obesity among women of reproductive age is encountered quite often (up to 44%), knowing the risks and consequences of obesity on pregnant women and fetus we can say that these patients require more attention during pregnancy, labor and postpartum period.