

**Patient
Information**

Body Mass Index (BMI) and Fertility

Introduction

This leaflet has been given to you to answer some of the questions you may have as you have been advised to alter your life style modification to improve fertility.

Being overweight has an adverse effect on reproduction. Where assisted conception treatment is used, recent evidence has shown a decrease in pregnancy rates with increasing body mass index (weight (kg)/height (metres)).

Obesity is a common health problem among women of reproductive age, with 56% of women in the United Kingdom being either overweight or obese. According to current World Health Organisation guidelines:

Normal BMI is defined as 19 to 24.9 kg/m²

Overweight BMI is defined as 25.0 to 29.9kg/m²

Moderate obesity BMI is defined as 30.0 to 34.9kg/m²

Severe obesity BMI is defined as 35.0 to 39.9kg/m²

Very severe obesity BMI is defined as more than 40kg/m²

Fertility issues and risks associated with obesity

- Irregular and/or infrequent menstrual cycles
- Increased risk of infertility
- Increased risk during fertility surgery
- Decreased success with fertility treatments.

Potential pregnancy complications with obesity are an increasing risk of:

- High blood pressure during pregnancy
- Diabetes in pregnancy
- Birth defects
- High birth weight infant
- Caesarean section.

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Department

Gynaecology

Review due

July 2018

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- Weight loss of 5 to 10% may dramatically improve ovulation and pregnancy rates
- Improved health including reduced chances of developing diabetes, high blood pressure and heart disease
- Improved self-esteem and well being

Most fertility centres have a strict policy for accepting women for treatment:

- If BMI is greater than 30 we advise weight reduction prior to treatment and a discussion with the anaesthetist
- If BMI is greater than or equal to 35 we are unable to offer treatment.

Contact information

If you have any questions, please feel free to contact the fertility nurses through Mrs K Reddy's secretary on the number below.

Cotswold Fertility Unit

Tel: 0300 422 3128

Monday to Friday, 8:00am to 4:00pm

Website: www.cotswoldfertilityunit.co.uk

Further information

**Human Fertilisation
Embryology Authority**

Website: www.hfea.gov.uk

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