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## Body Mass Index and Infertility Fertility Unit



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### **Further Information**

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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## **If you have any further questions please contact:**

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## **Introduction**

Being overweight has an adverse effect on reproduction. In women who need assisted conception (such as Ovulation induction, IVF, ICSI) recent evidence has shown a decrease in pregnancy rates with increasing body mass index (BMI), which is calculated as weight in kg/ height in metres.

### **World Health Organisation classifies BMI as:**

- Normal 19.0 - 24.9 kg/m<sup>2</sup>
- Overweight 25.0 – 29.9 kg/m<sup>2</sup>
- Moderate obesity 30.0 – 34.9 kg/m<sup>2</sup>
- Severe obesity 35.0 – 39.9 kg/m<sup>2</sup>
- Very severe obesity Above 40.0 kg/m<sup>2</sup>

### **Effect of Obesity on Fertility:**

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

### **Effect of Obesity on Pregnancy:**

- Miscarriage
- High blood pressure during pregnancy
- Diabetes in pregnancy
- Birth defects
- High birth weight infants
- Caesarean section
- Postpartum haemorrhage

### **Benefits of weight loss:**

- Weight loss of 5-10% can achieve a 30% reduction in visceral fat and dramatically improve ovulation and pregnancy rates
- Improved health including reduced chances of developing diabetes, high blood pressure and heart disease
- Reduced risk of miscarriage
- Improved self-esteem and well being

### **Criteria for fertility treatment:**

If the BMI is more than 30: we are unable to offer any definitive investigation or treatment. A referral to a dietician will be discussed.

### **Strategies to achieve a normal/desired BMI:**

- Targeted approach
- Change in diet
- Exercise regime
- Expert advice from dietitian
- Lifestyle modification