Does Obesity Increase the Risk of Miscarriage in Spontaneous Conception: A Systematic Review

As highlighted across multiple studies, obesity is associated with many pregnancy complications that have repercussions both on the mother and the infant. Retrospective studies looking at women who conceived with assisted reproductive technologies suggest that there is an association between obesity and decreased pregnancy rates and increased miscarriage rates. This systematic review critically evaluates the published evidence regarding miscarriage in obese women who conceived spontaneously.

A total of six studies were included: four consisted of women representing the general reproductive population, one consisted of women with a history of recurrent miscarriage and one contained both. Overall, the evidence suggested that there was an association between obesity and miscarriage in patients undergoing treatment of infertility. The review suggests that the risk of miscarriage may be increased among obese women, with rates that rose from 10.9% for women with a normal BMI to 13.7% in obese women. However, further studies are necessary to establish the clinical significance of these results.