

## **Increase maternal BMI is associated with an increased risk of minor complications during pregnancy with consequent cost implications**

As the global prevalence of obesity is increasing, women of childbearing age in the UK are following similar trends. Recent studies point out that it is estimated that one in five pregnant women are obese. This has serious implications both for the mother and the foetus. While studies have successfully highlighted the major complications associated with maternal obesity, few have reported minor complications that arise. The objective of this study was to investigate the effect of body mass index on the risk of developing minor complications during pregnancy and to evaluate the consequent cost implications for the NHS.

The systematic review emphasised that the higher the maternal body mass index, the more likely it was that minor complications were reported including heartburn, symphysis-pubis dysfunction, chest infection and carpal tunnel syndrome. Furthermore, all of these minor complications were associated with increased costs per patient from the perspective of the NHS. This systematic review therefore successfully highlights that increased maternal body mass index are more likely to experience minor complications of pregnancy and therefore additional costs for the NHS.

Reference: Denison F, Norrie G, Graham B, Lynch J, Harper N, Reynolds R. Increased maternal BMI is associated with an increased risk of minor complications during pregnancy with consequent cost implications. *BJOG An Int J Obstet Gynaecol.* 2009;116(11):1467-1472. [doi:10.1111/j.1471-0528.2009.02222.x](https://doi.org/10.1111/j.1471-0528.2009.02222.x)