

Perinatal and Long-Term Complications of High Maternal Weight Gain During Pregnancy: A systematic Review

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Abstract

Introduction:

During pregnancy, excessive maternal weight gain is a significant public health concern due to its association with adverse pregnancy outcomes and long-term health outcomes for both mothers and children.

Search Strategy:

We performed a focused exploration on scientific platforms by utilizing Perinatal Complications, Long-Term Complications, Maternal Weight Gain, fetal weight keywords. We employed Boolean operators and study type and publication year filters (2010-2024) to refine our search.

Results:

Perinatal Complications:

Excessive weight gain during pregnancy can lead to various complications, including uterine dilatation, cervical insufficiency, and placental abruption, which increase the risk of premature delivery. It is also a significant risk factor for gestational diabetes, further increasing the likelihood of perinatal complications such as preeclampsia, macrosomia, and respiratory distress syndrome. In some cases, a cesarean delivery may be necessary due to the enlarged size of the fetus, labor dystocia, and maternal complications. Maternal weight gain is also associated with an increased risk of macrosomia and complications related to shoulder dystocia during childbirth, as well as a higher risk of trauma.

Long-term Complications:

Women who experience weight gain during pregnancy are more likely to struggle with obesity even after delivery. This persistent weight gain significantly increases the risk of developing chronic diseases such as heart disease, stroke, and type 2 diabetes.

Furthermore, offspring of mothers who have high weight gain during pregnancy are at a higher risk of developing cardiometabolic dysfunction, including conditions such as obesity, hypertension, and impaired glucose tolerance.

Neurodevelopmental challenges in children, including attention deficit hyperactivity disorder (ADHD) and autism spectrum disorder, have been found to be linked to High Maternal Weight Gain During Pregnancy. Additionally, excessive weight gain during pregnancy has been associated with higher risks of mortality for both the mother and child. These risks include cardiovascular diseases, pregnancy complications, and an increased likelihood of death from any cause.

Conclusion and Discussion:

Due to the rise in perinatal complications and the excessive weight gain of mothers during pregnancy, it is essential to implement comprehensive management strategies to tackle the challenges associated with it. These strategies may involve prenatal education, dietary counseling, physical activity interventions, and appropriate medical care. By reducing excessive maternal weight gain, healthcare providers can enhance pregnancy outcomes and support the long-term health of both mothers and their children.

Keywords: Perinatal Complications, Long-Term Complications, Maternal Weight Gain, fetal weight

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