



Obesity in pregnancy and mode of delivery

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Objective

Obese pregnant women have an increased risk of operative delivery. The rate of vaginal delivery decreases as the value of BMI increases. In this study we aimed to determine the association between obesity and the mode of delivery.

Methods

A case control study involving 192 pregnant women was carried out in our hospital in a period of one year. Women were divided into two groups with normal BMI (18.5-24.9) and obese with BMI >30. In the study were included only women with first pregnancy, term delivery, singletons and fetus in cephalic presentation. We recorded the mode of delivery.

Results

35.4% of obese women had a vaginal delivery, but 54.4% have c-section, 3.1% with vacuum extraction and 2.1% with forceps. 91.7% of patients with normal BMI have vaginal delivery, 7.3% with c-section and 1% with vacuum. Indications of operative delivery among obese patients were fetal distress 50%, dystocia 27.4% and fetal-pelvic disproportion 22.6%.

Conclusion

Obesity increases 20 times the risk of C-section in comparison to normal BMI women. Weight management during pregnancy could help to reduce the need for c-section.