

International Summit on **HORMONAL DISORDERS**

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**Obesity in Pregnancy: Health Implications for both mother and child****Georgiana Bernea***Colentina Hospita, Romania*

**Statement of the Problem:** Pregnant women who are obese are at great risk of gestational complications such as: gestational diabetes mellitus, preeclampsia, gestational hypertension, delivery of a large for gestational age infant, and a higher incidence of congenital defects. During last decades, overweight and obesity increased in women at reproductive age due to sedentary life and unhealthy food habits. Due to this phenomenon, gestational complications are more frequent and determine health consequences for short and long term for both mother and child. Gestational diabetes mellitus (GDM) is a complex pathology with onset or first recognition during pregnancies and is associated with a high risk for mother and child of developing type 2 diabetes mellitus (T2DM), metabolic syndrome, cardiovascular diseases and obesity later in life. The purpose of this study is to analyse the relationship between maternal obesity and the health implications for both mother and child. Methodology & Theoretical Orientation: A review of current knowledge about obesity in pregnancy and the effects on mother and child health.

**Findings:** Obesity among pregnant women is becoming one of the most important women's health pathology. Available data on both the short- and long-term health impact for mother and child showed that is important to control the prepregnancy weight and to prevent obesity in women of reproductive ages. GDM is a risk factor in the development of obesity and being overweight throughout the childhood period. Women with a history of GDM has a risk a seven- fold risk of developing type 2 diabetes during lifetime. Infants born to overweight or obese mothers have a greater amount of adipose tissue compare to those born from mothers of normal weight. Researchers showed that these babies should be monitored closely for hypoglycemia, as in the case of children born to diabetic mothers. A large number of studies on animal and human subjects have showed that maternal obesity during pregnancy is related with postnatal lifelong programming of children for chronic diseases such as aging, metabolic syndrome, cancer, osteoporosis, type 2 DM and cardiovascular diseases. It can be stated that reducing the adverse effects of maternal obesity is a community health problem. More studies are required to assess the negative side effects of maternal obesity.

**Biography**

Georgiana Bernea, MD, Specialty: Diabetes, Nutrition and Metabolic Disorders. Work: Colentina Hospital, Bucharest, Romania Department, Diabetes, nutrition and metabolic disorders". During last years I focused in evaluation and in improving the health and wellbeing of women at fertile age. I published articles about gestational diabetes mellitus. My PhD thesis is Proteomic analysis of serum exosomes from women diagnosed with gestational diabetes mellitus".