

InfoSheet : WEIGHT AND FERTILITY

Body Mass Index and IVF Pregnancy Rates

A woman's weight can affect her fertility. We know that at both extremes, very thin and obese, there can be disruption of the normal process of regular ovulation, and anovulation can often result.

Body mass index, or BMI, is an index that gives us an indication of whether a person is of normal weight, overweight or obese. The BMI factors-in a person's weight as well as their height to give an overall "index". A high BMI indicates obesity.

Description	BMI	Obesity Class
Underweight	<18.5	
Normal	18.5 – 24.9	
Overweight	25.0 – 29.9	
Obese	30.0 – 34.9	I
Obese	35.0 – 39.9	II
Extremely obese	≥40.0	III

In the United States, the percent of the population that is overweight (BMI >25) or obese (BMI >30) has increased dramatically over the last 20 years. For men, 59% are overweight, while 20% of the total population are obese. Fewer women are overweight (51%), but more are obese (25%).

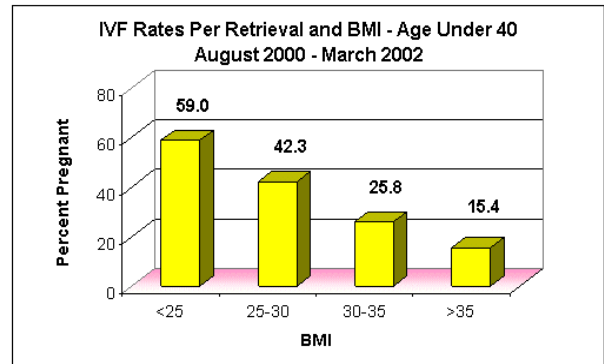
If you are overweight or obese it is important to get appropriate medical help to reduce your weight, not only to improve your fertility outcome, but also to avoid the long-term complications associated with excess body fat.

Go to the WebMD site and use their "BMI Calculator" to find out your BMI and learn more about weight issues

[www.my.webmd.com/medical information/health-e-tools/calculator](http://www.my.webmd.com/medical_information/health-e-tools/calculator)

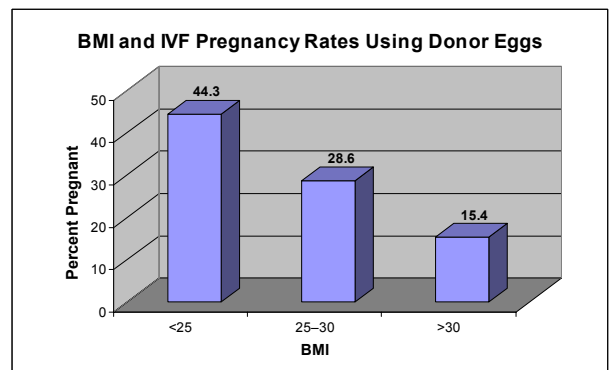
The next graph shows the relationship between body mass index (BMI) and ongoing (beyond 12 weeks) IVF

pregnancy rates for patients who are themselves having IVF.



(Data are for all women under 40 having IVF at AFC Chicago between August 2000 and March 2002).

The graph below shows the relationship between body mass index (BMI) and ongoing (beyond 12 weeks) IVF pregnancy rates for recipients of donor egg embryos.



(Houserman *et al.*, Pacific Coast Reproductive Society, Abstract P-9. *Fertility & Sterility*, Vol.79, Suppl.2: S14, 2003.)

CONCLUSION

Although these figures may be more extreme than what we actually realize, there is no doubt that being overweight will affect both pregnancy and miscarriage rates.

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