The Impact of Overweight and Obesity on Fertility, Miscarriage and Reproductive Outcomes Revealed

**GETTING PREGNANT**

**CHANCES OF BEING OVERWEIGHT**

- More than 18.5-24.9 kg/m²
- 30 kg/m²
- 30 kg/m²

Excess weight in women with testicular function, also causing poor hormonal balance and increased heat around the testes. This induces oxidative stress and damages sperm. Overweight and obese women require higher doses of medications to restart ovulation. Even a 5 kg loss increases the chance of conception.

**THE IMPACT OF OVERWEIGHT AND OBESITY ON TESTICULAR FUNCTION**

- Decreased sperm count
- Decreased sperm motility
- Impaired sperm morphology
- Impaired sperm function

**THE IMPACT OF OVERWEIGHT AND OBESITY ON FEMALE FERTILITY**

- Decreased ovarian reserve
- Reduced egg quality
- Increased risk of anovulation
- Increased risk of polycystic ovarian syndrome (PCOS)

**THE IMPACT OF OVERWEIGHT AND OBESITY ON REPRODUCTIVE OUTCOMES**

- Increased risk of miscarriage
- Increased risk of preterm delivery
- Increased risk of gestational diabetes
- Increased risk of neural tube defects

**THE REAL IMPACT OF EXCESS WEIGHT ON FERTILITY, MISCARRIAGE AND REPRODUCTIVE OUTCOMES**

- Infertility
- Miscarriage
- Birth defects

**YOU DON'T THINK YOU ARE THINKING ABOUT YOUR FERTILITY, MISCARRIAGE AND REPRODUCTIVE OUTCOMES?

**A HEALTHY BABY?**

- Overweight and obesity are a rising global problem.
- 340 million children worldwide are overweight or obese.

**THE IMPACT OF OVERWEIGHT AND OBESITY ON CARDIOVASCULAR DISEASE AND REPRODUCTIVE FUNCTION ISSUES**

- Increased weight affects hormone levels which decreases the production of testosterone from Leydig cells in the testes.

**VITAL CONSIDERATION WHEN WORKING TOWARDS OPTIMISING FERTILITY, MISCARRIAGE AND REPRODUCTIVE OUTCOMES**

- **Increase physical activity**
- **Healthy diet**
- **Regular sexual activity**
- **Reduce stress**
- **Maintain a healthy body weight**

**AND TAKING HOME**

**GETTING PREGNANT**

- More than 18.5-24.9 kg/m²
- 30 kg/m²
- 30 kg/m²

Excess weight in women with testicular function, also causing poor hormonal balance and increased heat around the testes. This induces oxidative stress and damages sperm. Overweight and obese women require higher doses of medications to restart ovulation. Even a 5 kg loss increases the chance of conception.

**YOU DON'T THINK YOU ARE THINKING ABOUT YOUR FERTILITY, MISCARRIAGE AND REPRODUCTIVE OUTCOMES?**

**A HEALTHY BABY?**

- Overweight and obesity are a rising global problem.
- 340 million children worldwide are overweight or obese.

**THE IMPACT OF OVERWEIGHT AND OBESITY ON CARDIOVASCULAR DISEASE AND REPRODUCTIVE FUNCTION ISSUES**

- Increased weight affects hormone levels which decreases the production of testosterone from Leydig cells in the testes.

**VITAL CONSIDERATION WHEN WORKING TOWARDS OPTIMISING FERTILITY, MISCARRIAGE AND REPRODUCTIVE OUTCOMES**

- **Increase physical activity**
- **Healthy diet**
- **Regular sexual activity**
- **Reduce stress**
- **Maintain a healthy body weight**

**AND TAKING HOME**

**GETTING PREGNANT**

- More than 18.5-24.9 kg/m²
- 30 kg/m²
- 30 kg/m²

Excess weight in women with testicular function, also causing poor hormonal balance and increased heat around the testes. This induces oxidative stress and damages sperm. Overweight and obese women require higher doses of medications to restart ovulation. Even a 5 kg loss increases the chance of conception.