

Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



Obesity as a risk factor for complications during the pregnancy

Elena Stojanovska
Univeristy of Bitola, Macedonia

At present, more than one third of women worldwide are obese, more than one half of pregnant women are overweight or obese, and 8% of reproductive-aged women are extremely obese, putting them at a greater risk of pregnancy complications. Therefore, preconception assessment and counseling are strongly encouraged for obese women and should include the provision of specific information concerning the maternal and fetal risks of obesity in pregnancy, as well as encouragement to undertake a weight-reduction program. Lifestyle intervention could help obese pregnant women to limit their weight gain during pregnancy, but has not yet been evaluated in randomized controlled trials. It's confirmed that a targeted lifestyle intervention programme

based on the principles of motivational interviewing reduces gestational weight gain (GWG) and levels of anxiety or depressed mood in obese pregnant women. At the same time pregnant woman needs macronutrients and micronutrients that are essential for her life and fetal life. For all obese and overweight patients, consultation with dietician early in labor, and consultation with weight-reduction specialists before attempting another pregnancy should be encouraged.

Biography

Elena Stojanovska is Master (2nd degree qualification) student of Nutritional and Food Sciences, at Faculty of Technology and Technical Sciences. She graduated Chemistry School at "St.Cyril and Methodius" University-Skopje with over 8 years experience as a chemistry professor in a high school education- SUGS Dimitar Vlahov - Skopje. This is her first author's publication presented at the Scientific Symposium-Euro Global Summit "Weight Loss 2015".

estojanovska1981@yahoo.com

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