

# Tools And Resources

## Medically Driven Weight Loss



Obesity issues related to pregnancy deserve specific attention.

The desire for future pregnancy is an important reason to consider weight loss and weight maintenance. It is important to note that during pregnancy and breast feeding, we do not promote weight loss. It is best to reach a healthy weight before getting pregnant for many reasons:

### Potential Problems for Mothers with Obesity / Overweight

- Gestational diabetes risk is up to 20 times higher.
- High blood pressure / pre-eclampsia risk is up to 10 times higher.
- C-section delivery is up to 3 times more likely.
- Hospital stay for mom at delivery averages 4 days longer.
- The cost of prenatal care and delivery is much higher.

### Potential Problems for Babies of Overweight or Obese Moms

- Major birth defects are 35% more likely. The greatest risk is for neural tube defects.
- Intensive care unit stay for the newborn is 3 times more likely.
- Death of the fetus or newborn is 3 times more likely.

## Other Potential Medical Conditions Associated with Obesity or Being Overweight Include:

- Heart disease / coronary artery disease
- Diabetes mellitus type II / pre-diabetes / impaired glucose
- High blood pressure / hypertension / high cholesterol / hyperlipidemia
- Sleep apnea / daytime sleepiness
- Kidney disease
- Cancer of the breast, esophagus, stomach, colon, endometrium, and kidney
- Rheumatoid arthritis
- Osteoarthritis
- ObGyn complications / infertility
- Neural tube defects in infants
- Chronic venous insufficiency / deep vein thrombosis
- Gallbladder disease
- Gout
- Wound infection
- Impaired immunity
- Liver disease
- Low back pain
- Pancreatitis
- Surgical complications
- Urinary stress incontinence

Ready to lose weight & live a healthier life?

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