

Body Weight and ART Success

There is a large body (no pun intended) of scientific data showing that extremes of body weight (either too underweight or overweight) has been associated with difficulty in achieving pregnancy. In addition, underweight women have an increase in the incidence of preterm (early) delivery and smaller babies. Overweight women have been shown to increase in rate of caesarian deliveries. We at PREG certainly encourage patients to adopt healthy lifestyles, with good diet and exercise program, to help achieve their ideal body weight and improve their chances for a pregnancy, and ultimately, a healthy baby.

We have compiled data over the past 5 years on IVF pregnancy success as related to body weight, measured by the most accepted medical standard, Body Mass Index (BMI). BMI is calculated by dividing your weight, in kilograms, by your height, in meters squared (kilograms/ meters²). A simpler calculation can be done by multiplying your weight, in pounds by 703 and then dividing that figure by your height, in inches squared, and this will give you your BMI. You might need a calculator to figure this one out!!

For example: A 5 foot 4 inch (64 inches) person weighing 135 pounds would have a BMI of 23.2 (rounded off).

$$\frac{135 \text{ (lbs.)} \times 703}{64 \text{ (in)} \times 64} = \frac{94905}{4096} = 23.17 \text{ BMI}$$

Below is a graph of IVF pregnancy rates verses BMI. By determining your BMI you can see where your pregnancy rate might be. We hope that this information may be helpful for in trying to achieve your best pregnancy success rate. Also realize that there are other factors beside BMI that play a part in your IVF success such as your age, smoking, and infertility reasons for needing IVF.

In addition, due to PREG being a free-standing IVF center (not within a hospital), we are limited by our anesthesia staff and facilities to not being able to sedate and consequently do egg retrievals on any patient with a BMI greater than 40. This is for both patient safety and medical legal issues. Please feel free to discuss this and other issues with your physician.

