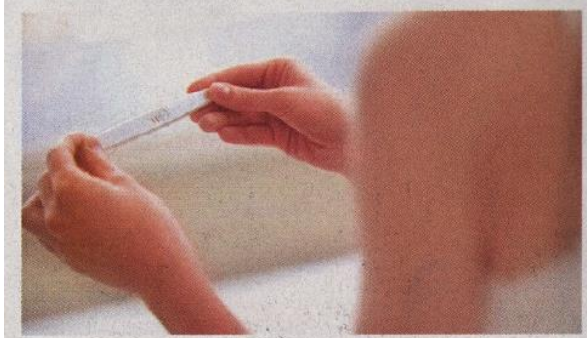


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Weight loss improves chances of pregnancy

Staff Reporter

DUBAI — A new study has found that losing as little as five per cent of weight can significantly improve a woman's chances of pregnancy.

The "Human Repod" study led by A.M. Clark from the Department of Obstetrics and Gynaecology of the University of Adelaide in Australia proves that extra body weight affects a woman's ovulation and decreases her chances of getting pregnant.

In the study, a weight management programme was assessed to determine whether it might help overweight, anovulatory (menstrual cycle without ovulation) women to establish ovulation and help achieve pregnancy without any more medical intervention.

Those participating in the study underwent a six-month behavioural and lifestyle change programme, in which they committed to routine exercise and a healthy, balanced diet.

Of the 13 women — who lost an average of 6.3kg — 12 resumed ovulation, and 11 became pregnant, leading researchers to conclude that weight loss is a viable treatment option for infertility.

In the UAE, a study conducted by the University of Washington's

WHO warning

World Health Organisation has predicted that there will be over 2.3 billion overweight and 700 million obese individuals in the world by the end of 2016.

Institute for Health Metrics and Evaluation has revealed that 66 per cent of men and 60 per cent of women in the country are already overweight or obese.

"Obese women are three times more likely to suffer infertility than women with a normal body mass index, especially because obesity causes hormonal imbalances and problems with ovulation," said Dr Patrick Noel, Laparoscopic and Bariatric Surgeon for the American Surgecenter in Abu Dhabi.

Despite the vast improvements in bariatric surgery for women struggling to conceive, Dr Noel said that it is not suitable for everyone.

"Weight loss surgery should only be considered as a last option. If you still fail after repeated attempts to lose weight through diet and exercise, then that's the only time you should consider bariatric surgery," he said.

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60%

of women are overweight or obese in the UAE

66%

of men are overweight or obese in the UAE