

EFFECT OBESITY ON FEMALE REPRODUCTIVE HEALTH: A SYSTEMATIC REVIEW

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Abstract

Background: The incidence of obesity in women is higher than men. Besides being a risk factor for multiple metabolic disorders, obesity could effect female reproduction. We aimed to assess the effect of obesity on female reproductive health. **Subjects and Methods:** We conducted a systematic review on all types of study designs that have an effect obesity on female reproductive health during pregnancy or not in pregnancy. In pregnant women measurements of obesity with MUAC (Mid Upper Arm Circumference) and in non-pregnant women with BMI (body mass index). The location of the study involved countries in the highest obesity region in the world; America, Europe, and Eastern Mediterranean. **Result:** We retrieved 737 citations from multiple database pubmed and Ebsco. Of 315 title and abstracts reviewed, 6 articles met inclusion criteria. In a total of 6 articles showed significant effect obesity on PCOS (Polycystic Ovary Syndrome), BC (breast cancer) postmenopausal, and non- HGSC (non-high grade serous ovarian cancers). Effect in mothers during pregnancy is increased high blood pressure, gestational diabetes melitus, preeclampsia, and risk for caesarean deliveries. **Conclusion:** We found the impact of obesity on women during pregnancy and not pregnancy. There is need for education campaigns publicizing obesity as an important risk factor for female reproductive health and encouraging females to physical activity, consumption of balanced nutrition and pursue healthy lifestyle.

Keyword: Obesity, Female, Reproductive Health

