

## KOMPLIKACIONET E SHTATZANISE NE GRA ME OBEZITET MORBOZ

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## Summary

## PREGNANCY COMPLICATIONS IN MORBID OBESE GRAVIDAS

**Objective:** Obesity is a raising concern in public health now days. The aim of our study was to assess a correlation between obesity and the evolvement of pregnancy complications.

**Materials and methods:** This is a retrospective study, of a group of 488 women, followed in our clinics during a 10 years experience. 5 were excluded because were diagnosed with Diabetes Mellitus in the first visits of pregnancy (6 -12 weeks of gestation). The remaining 483 women chosen to be part of the study, had no conditions such as Diabetes or diagnosed endocrine diseases. The group was divided in 2 major categories. Considerably obese women, with BMI  $\geq 35$  and women with BMI between 18.5 – 25.

**Results:** 120 women were considered morbid obese vs. 463 considered to have a normal BMI. 31/120 (26%) developed Gestational Diabetes within 24 – 28 weeks of gestation vs. 22/463 (4.9%) of the normal BMI group ( $p=0.004$ ). The percentage of Preeclampsia was 36.7% in the obese group vs. 4.3% in the other group. The elective cesarian rate also was higher in the morbid obese group 15.1% vs. 8.5% in the normal group, although there was no evidence of changes in the APGAR test score of the newborns.

**Conclusion:** The experience of our clinics, shows a strong correlation between morbid obesity and pregnancy complications. Therefore, weight loss should seriously be considered, better before conceiving.

**Keywords:** obesity, pregnancy complications

Pesha e tepert, eshte kthyer ne nje nga problemet madhore te shendetit publik ne vendet e zhvilluara. Per vite me rradhe obeziteti eshte quajtur epidemik.. Fatkeqesisht, sot gjendemi perpara nje endemie, jo me thjesht nje epidemie. Obeziteti eshte kthyer ne nje gjetje te zakonshme, e prezente per nje kohe te gjate tashme.

Politikat ambientale, apo ndryshimet e shoqerise ne pergjithesi jane kontribues themelor ne rritjen e shpejte te obezitetit ne pak dekada, sidomos ne vendet ne zhvillim e ne ato te zhvilluara. Mbi keto te fundit ka mjaft te dhena te qarta per sa i perket identifikimit te faktoreve ambiental e social qe kane ndikuar ne zhvillimin e kesaj endemie, dhe ne kete menyre jane me te qarta hallkat ku duhet nderhyre, por kjo nuk eshte fort e qarte per sa i takon vendeve ne zhvillim.

Gjate periudhes se tranzicionit prevalenca e obezitetit eshte dyfishuar dhe shifrat po shkojne edhe me larg se kaq. Popullsia ne plakje, urbanizimi, rritja e sasise totale te kalorive te marra dhe ulja e aktivitetit fizik jane disa nga faktoret present ne popullaten shqiptare, qe po ushqejne rritjen e vazhdueshme te obezitetit, edhe pse shume faktore te tjere mund te numerohen.

Edhe shkalla e komplikacioneve te lidhura me obezitetin fatkeqesisht po njej rritje.

Nese ketij terreni obeziteti ne i shtojme edhe nje shtatzani, gjerat behen edhe me te komplikuar.

Obeziteti amtar, ka nje impakt te konsiderueshem ne metabolizmin e nenes dhe te femijes. Rezistenca insulinike, homeostaza e glukozes, oksidimi i yndyrnave dhe sinteza e amino acideve, pesojne