



What impact does being overweight have on recurrent miscarriage?

What impact does being overweight have on recurrent miscarriage is a great question and it's a question that often we fail to ask because we probably don't see the correlation.

There are definitely reasons to look into weight and weight gain and excessive weight on fertility and the ability to keep a healthy pregnancy to term. Of course if there is a precondition of diabetes, or insulin resistance, or the hormone imbalances that can occur as a result of excessive weight, it can of course have an impact on the ability to keep a pregnancy to term.

Diabetes and of course that whole aspect of insulin resistance can decrease the chances of conception happening to begin with. We also know that untreated and unchecked diabetes can be fatal for the embryo or for the baby.

The truth is that you want to be as best as you possibly can, reducing your BMI particularly if your cycles are irregular or if there are other problems associated with your cycle because it's very possible that what maybe contributing to them is that whole aspect of excessive weight.

Reducing weight is going to be key, and sometimes if you have a lot of weight to lose, 10 percent of weight loss in certain studies have shown that is often enough to kickstart the metabolism, to kickstart the body once more to producing the eggs and to regulating the cycle. You don't have to lose all the weight that you may need to lose, but every little bit makes a difference, every little bit counts. Of course it will enhance your chances of taking home a healthy baby.

Yes, it makes a difference and everything that you can do to optimize your chances is going to get you closer to your dream.

I hope that helps. Until next time. Bye for now!

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