



Pre-Pregnancy Blood Pressure and Pregnancy Loss

Summer Hunt

Elevated blood pressure before conception may increase the chances for pregnancy loss, according to an analysis published in *Hypertension*. Researchers analyzed data collected as part of the Effects of Aspirin in Gestation and Reproduction (EAGeR) trial, which included more than 1,200 women ages 18 to 40 years. Trial participants had their blood pressure taken before they were

pregnant and again in the fourth week of pregnancy. The analysis indicated that for every 10 mm Hg increase in diastolic blood pressure, there was an 18% greater risk for pregnancy loss among the study population. The researchers also found a 17% increase in pregnancy loss for every 10 mm Hg increase in mean arterial pressure. Study authors noted that the results do not prove that elevated blood

pressure causes pregnancy loss; however, the relationship between preconception blood pressure and pregnancy loss remained the same when they statistically accounted for other factors that could increase pregnancy loss, such as increasing maternal age, higher body mass index, or smoking. Find the study here: doi.org/10.1161/HYPERTENSIONAHA.117.10705.



Hormone Therapy and Fat Reduction

Women in menopause using hormone therapy may experience fat reduction, according to a study published in *The Journal of Clinical Endocrinology & Metabolism*. Researchers analyzed data for 1,500 postmenopausal women ages 50 to 80 years whose hormone therapy use was

categorized as current, past, or never. Results indicated that current users of hormone therapy had lower body fat percentages, including less visceral fat. However, this effect subsided once hormone therapy was discontinued. Find the study here: doi.org/10.1210/jc.2017-02449.

Summer Hunt, ELS, is assistant managing editor at AWHONN in Washington, DC.



Exercise Linked to Shorter Labor

Women who exercise during pregnancy experience shorter labor, according to research published in the *European Journal of Obstetrics & Gynecology and Reproductive Biology*. In the randomized clinical trial, 508 healthy pregnant women were assigned to an intervention group or a control group between 9 and 11 weeks of gestation. For the intervention group, women adhered to thrice-weekly sessions of moderate exercise. Researchers found that women randomized to the intervention group had shorter first-stage labor (409 vs. 462 minutes), total duration of labor (450 vs. 507 minutes), and combined duration of first and second stages of labor (442 vs. 499 minutes). Additionally, women in the intervention group were less likely to use an epidural, and those in the control group had higher incidences of macrosomia. Find the study here: doi.org/10.1016/j.ejogrb.2018.03.009.

Vitamin D Levels After Pregnancy Loss

Among women planning to conceive after a pregnancy loss, those who had sufficient levels of vitamin D were more likely to become pregnant and have a live birth compared with women with insufficient levels, according to research published in *The Lancet Diabetes & Endocrinology*. Researchers analyzed data collected as part of the Effects of Aspirin in Gestation and Reproduction (EAGeR) trial, which sought to determine if daily low-dose aspirin (81 mg) could prevent miscarriage in women with a history of pregnancy loss. Blood levels of vitamin D were tested for roughly 1,200 women before pregnancy and again at the eighth week of pregnancy. Researchers defined a vitamin D level of less than 30 ng/ml as insufficient. Women who had sufficient precon-

ception vitamin D concentrations were 10% more likely to become pregnant and 15% more likely to have a live birth compared with those with insufficient concentrations of the vitamin. Among women who became pregnant, each 10-ng/ml increase in preconception vitamin D level was associated with a 12% lower risk of pregnancy loss. Vitamin D levels in the eighth week of pregnancy were not linked to pregnancy loss. The authors note that the study does not prove cause and effect. Additional research is necessary to determine whether providing vitamin D to women at risk for pregnancy loss could increase their chances for pregnancy and live birth. Find the study here: [doi.org/10.1016/S2213-8587\(18\)30153-0](https://doi.org/10.1016/S2213-8587(18)30153-0).



Sugar Consumption and Childhood Cognition

Excessive consumption of sugar by pregnant women or their offspring is associated with poor childhood cognition, particularly in memory and learning, according to a study published in the *American Journal of Preventive Medicine*. Substituting diet soda for sugar-sweetened versions during pregnancy also appeared to have negative effects. However, children's fruit consumption had beneficial effects and was associated with

higher cognitive scores. Investigators collected dietary assessment data for more than 1,000 pregnant women from 1999 to 2002 who participated in Project Viva. Their offsprings' diets were assessed in early childhood. Cognition was assessed in early and mid-childhood (at approximately ages 3 and 7 years, respectively). The results of this study indicate that consuming more fruits and less sugar, as well as avoiding diet soda during pregnancy, may have a meaningful impact on child cognitive functioning. Find the study here: doi.org/10.1016/j.amepre.2018.02.020.

Download English Version:

<https://daneshyari.com/en/article/8564464>

Download Persian Version:

<https://daneshyari.com/article/8564464>

[Daneshyari.com](https://daneshyari.com)