A study of obesity among females attending a hospital-based infertility clinic in Alexandria, Egypt 2011

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Introduction: The prevalence of obesity has increased globally at an alarming rate over the past two decades. Egypt ranks the first in obesity among the African countries and 14th in the world, according to a recent WHO statistics. This study is aimed at comparing obesity prevalence in the sample to that of population, associating obesity metrics with gynecological profile parameters and response to infertility management. It is also aimed at recommending a simpler substitute for screening obesity than body mass index to be used in primary health care settings.

Subjects and Methods: The study sample totaled 219 females who were assessed for obesity metrics. Patients were interviewed as regard gynecological profile parameters. Subjects’ files were reviewed for available investigations’ results. After a follow up period of nine month; outcome of infertility management was verified. Roc curve was drawn for different body circumferences taking body mass index (BMI) as the golden test.

Results: The prevalence of obesity was higher in the sample. Obesity was associated with various studied parameters like age of menarche, length and regularity of menstrual cycle and type of infertility. Outcome of infertility management was unfavorably associated with obesity, android fat distribution and history of weight changes. Compared to BMI, hip circumference was the most accurate substitute.

Conclusion: Obesity is a highly prevalent problem that needs to be tackled in infertility clinics to increase success rates of management. When there are constraints to calculate BMI in primary health care facilities, hip circumference is the recommended substitute.

Biography
Samia A. Khatwa has completed her M.D. at the age of 33 years from Faculty of Medicine, Alexandria University, Egypt. The subject of dissertation was: Inpatients feeding service in hospitals of Alexandria. She is a Professor of Public Health at Alexandria Faculty of Medicine. She has published more than 20 papers in reputed journals and supervised a large number of master and doctoral theses. The areas of interest in her research are: nutrition, behavioral sciences and medical education.

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