



Advanced Reproductive Age Patient Summary, EDI (Delivery at 40 years and older)

Summary of Current Information Regarding Maternal and Newborn Risks

Note: While the maternal and neonatal complications are generally increased in the women who will deliver at 40 or more years of age, the increased risks are rarely increased enough wherein women will decide against pregnancy and delivery.

What are the complications for the woman who wants to deliver when 40 or more years of age?

- Maternal Mortality at age 30: **20/100,000** wherein Maternal Mortality at age 40: **80/100,000**. While death is rare (1 per 1,250 deliveries), the risk is still quadrupled. (Antinori S, et al. 1995)
- Hypertension and Pre-Eclampsia (Wolf KM, et al. 1997)
- Glucose intolerance and/or diabetes rates are doubled (Cohen MA, et al. 1998 & Dildy GA, et al. 1996)
- Caesarian section risks doubled (Cohen MA, et al. 1998)
- Abnormal placenta placement (previa) risks are doubled (Cohen MA, et al. 1998)

In general, many obstetrical complication rates are doubled while the very infrequent mortality rate is quadrupled.

What are the potential consequences to the newborn child when women deliver at 40 or more years of age?

- Prematurity and Low Birth Weight (about 8% compared to 6% for younger women, which is a relative increased risk of 33%) (Cohen MA, et al. 1998)
- Genetic risks (when the women uses her own eggs)
- Stillbirths (loss beyond 20 weeks gestational age) occur two to three times more often over forty. For reasons that are uncertain, 1/116 pregnancies will be lost to women over forty with their first pregnancy and only 1/304 if they have been pregnant before (Reddy UM, et al.)

How should the 40+ year old woman be screened to make certain she is in good physical shape to allow for conception, a healthy pregnancy and a safe delivery?

- Ask their OB/GYN!
- Day 3 FSH (x 2+)
 - If significantly elevated, Pregnancy rates are only 3% with 3/4ths of these losing their pregnancies. (Levi AJ, et al. 2001)
- ECG with possible Cardiovascular Consultation for those over 45 years of age
- Glucose Tolerance Test (to check for diabetes)
- TSH (Thyroid test)
- Mammogram

It is most important that any woman who is considering pregnancy, regardless of her age, stay healthy, exercise and try to maintain her ideal body weight. Some of our older women who are seeking egg donation are in much better shape than many of our 20+ year olds!

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