Eating Disorders During Pregnancy and Post-partum

Liz Joy, MD, MPH
Senior Medical Director, Wellness and Nutrition

Ibrahim Hammad, MD
Maternal- Fetal Medicine Specialist
Intermountain Healthcare
Disclosure

Nothing to disclose
Objectives

• Describe the epidemiology of eating disorders during pregnancy
• Describe the maternal and neonatal consequences of maternal eating disorder during pregnancy
• Discuss eating disorder relapse during pregnancy and post-partum
• Review fertility and reproduction associated with anorexia nervosa
Epidemiology of Eating Disorders During Pregnancy and Post-Partum

- Prevalence of ED during pregnancy = 7.5%
- Prevalence of ED recurrence during post-partum = up to 30%
- Co-morbid depression and anxiety is common
Maternal & Fetal Consequences of Eating Disorders During Pregnancy

• Higher rate of miscarriage
• Higher likelihood of hyperemesis gravidarum
• Higher likelihood of maternal anemia
• Higher rate of intra-uterine growth restriction
• Higher likelihood of low infant birth weight (1.69x↑)
• Higher risk of premature delivery (1.32x↑)
• Higher likelihood of cesarean delivery
• Higher likelihood of microcephaly
• Lower infant Apgar scores
• Higher risk of stillbirth (1.99x↑)
• Examine cognitive outcomes of preterm and term-born children who had IUGR and were SGA compared with children who were appropriate for gestational age (AGA) during the first 12 years of life

• 60 studies including 52,822 children

• Children who had IUGR and were SGA had significantly poorer cognitive outcomes (eg, cognitive scores and borderline intellectual impairment) than children with AGA in childhood

• Preventive strategies should be directed to pregnancies and deliveries of fetuses and neonates with evidence of intrauterine growth restriction
Maternal Consequences of Eating Disorders In the Post-Partum Period

- Higher risk of eating disorder relapse during post-partum
- Higher risk of post-partum depression
  - Risk is lower among women who do not resume eating disorder behaviors post-partum
- Women with past and current eating disorders are more likely to report problems feeding their infants
- Shorter duration of breast feeding
- Post-partum depression also associated with shorter duration of breast feeding
Eating Disorder Related Infertility

• Women with BN and AN have higher occurrence of menstrual irregularity
  • Infertility
  • Unplanned pregnancy

• Active ED is associated with impaired fertility
  • EDs are underdiagnosed in women seeking treatment for infertility

• Weight restoration is associated with normal fertility
Multidisciplinary Care of the Pregnant Patient with an Eating Disorder

It takes a lot of communication!!!
References


