



Ten Risk Factors That May Increase the Risk of Pregnancy



For the sake of the mother's and the unborn child's health and wellbeing, a high-risk pregnancy requires extra attention and surveillance. You may prepare for a safer pregnancy by being proactive and knowing what makes it high-risk. Let's examine the prevalent health, lifestyle, and age-related variables that have been linked to increased pregnancy chances.

Mother's Age

Pregnancy risks are significantly influenced by the mother's age.

- There is a higher chance of difficulties including preterm birth and preeclampsia when a teen (under 17) becomes pregnant.
- Maternal Age (35 and above): Increased risk of miscarriage, gestational diabetes, and chromosomal abnormalities (such as Down syndrome).

Previous Health Issues

Pregnancy can be complicated by certain medical issues that need to be closely watched.

These consist of:

- Type 1, Type 2, or [gestational diabetes](#) can result in preeclampsia and high birth weight in newborns.
- Hypertension (High Blood Pressure): May result in stillbirth, placental abruption, and premature delivery.
- Autoimmune disorders (such as rheumatoid arthritis and lupus): These can affect the baby's development and health.
- A higher risk of preeclampsia and premature birth may result from kidney disease.

Pregnant women with [twins, triplets, or more]

Complications include preterm labour, low birth weight, and preeclampsia, are more likely to occur when there are many babies. During prenatal care, couples who are expecting multiples need to be checked and monitored more frequently.

Pregnancy Complications in the Past

The risk for subsequent pregnancies is increased if there is a history of preterm birth, pre-eclampsia, or miscarriage during a previous difficult pregnancy.

Infections

A developing baby may be seriously at danger from certain infections. These illnesses consist of

- Hepatitis B or C or HIV
- German measles (rubella)
- Cytomegalovirus (CMV)
- The Zika virus

Early intervention and appropriate prenatal screening can help control these risks.

Aspects of Lifestyle

Pregnancy outcomes may be impacted by environmental exposures and lifestyle decisions.

High-risk variables consist of:

- Smoking — Smoking raises the chance of stillbirth, low birth weight, and preterm delivery.
- Alcohol Consumption — Foetal alcohol spectrum disorders (FASDs) can result from alcohol consumption.
- Drug Use – Linked to newborn abstinence syndrome (NAS), preterm labour, and birth abnormalities.
- Poor Nutrition — A newborn with poor nutrition may be underweight at birth and have developmental issues.

Obesity and Overweight Increase

Pregnancy problems, hypertension, and gestational diabetes are all increased when a woman is obese or gains too much weight. One way to lower the risks is to maintain a healthy diet and a healthy weight.

Mental Health Issues

This would explain why mental health is so important for a healthy pregnancy. If left untreated, depression, anxiety, and other conditions can have a negative impact on a pregnancy. Consult a healthcare provider if you have indicators of mental disorder difficulties.

Problems with the Cervix or Uterus

Preterm birth or miscarriage may result from structural abnormalities in the uterus or cervix. Among the disorders that require specialised care are uterine fibroids and cervical insufficiency.

Insufficient Prenatal Care

Pregnancy risks may increase if prenatal visits are missed or if medical advice is not followed. Prompt and consistent prenatal care can identify possible problems and treat them effectively.

How to Reduce the Dangers of a High-Risk Pregnancy

There are actions you can take to control your pregnancy if you are at risk:

- **Frequent Prenatal Checkups:** Attend all planned appointments for observation.
- **Healthy Diet:** Maintain a balanced diet and prioritise foods high in nutrients for a healthy diet.
- **Steer Clear of Dangerous Substances:** Get rid of tobacco, alcohol, and junk drugs.
- **Manage Pre-existing diseases:** Consult experts to manage diseases such as high blood pressure or diabetes.
- **Stay Informed:** Keep yourself informed by understanding your situation and asking questions.

Complications are not always the result of a [high-risk pregnancy](#). With the right medical attention, lifestyle changes, and support, many women with high-risk pregnancies enjoy safe pregnancies and give birth to healthy kids.

Are you a doctor who wants to become more knowledgeable about [high-risk obstetrics](#)? We provide a variety of short- and long-term at [StudyHRO courses](#) that are intended to improve your ability to manage high-risk pregnancies.

If you are a medical aspirant wishing to specialise in dealing with high risk pregnancies, [our StudyHRO team is ready to advise you](#).