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بالرسالة صفحات لم ترد بالاصل

BODY MASS INDEX AND INFERTILITY AMONG EGYPTIAN WOMEN

By

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(B.Sc. Nursing)

Thesis Submitted for Partial Fulfillment of Master Degree in Maternity and Newborn Health Nursing

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Body Mass Index and Infertility among Egyptian Women

Abstract
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The aim of this correlational study was to explain the relationship between body mass index (BMI) and infertility rate among Egyptian women. A total of 300 married women diagnosed as primary or secondary infertility, and attending the Out patient Infertility Clinic at El Manial University Hospital, Cairo University, Egypt; and in a private clinic were recruited for the study. Data were collected through an interviewing questionnaire schedule with anthropometric assessment. The study results indicated that the mean age of the sample was 28.62 ± 6.32 years, while their mean age at marriage was 25.99±7.53 years, and the mean of duration of infertility was 4.324 ± 3.550 years. Fifty-seven percent of the sample had primary infertility, while 43% had secondary infertility. Sixty-one percent of the sample had irregular menstruation, and 40.7% of them had menstrual abnormalities. Seventy-nine point seven percent of the sample had history of gynecological disease, 36.3% of them had polycystic ovary, while 32.2% of them had cervicitis. Forty two point six percent of the sample used different types of contraceptives and more than half of them used intrauterine device (IUD). Fifty-seven point three percent of the sample had snacks between meals, 42.3% of the sample were depending on fatty saturated diet. Sixteen point seven percent of the sample had sexual problems. The mean of body mass index was 29.3±6.306, and more than two thirds of the sample were overweight and obese (33.3, & 35% respectively). The results indicated that age of the woman, age and years of marriage, BMI, eating snacks between meals, fatty saturated diet, history of polycystic ovary, and cervicitis, use of contraceptives, history of complications during pregnancy, labor and postpartum periods, mode of previous delivery and frequency of sexual intercourse/week were predictor variables that might affect the incidence of infertility. The study concluded that, women with the following profile: older age at marriage, overweight and obese (BMI≥ 30Kg/m^2), depending on fatty saturated diet, eating snacks, having history of polycystic ovarian syndromes, having cervicitis, long use of contraceptive methods, having frequent sexual intercourse might be contributing factors that affect incidence of female infertility. The main study recommendations are: teaching women during childbearing period about predisposing factors of infertility and importance of regular screening in early detection of these factors; raising women's awareness regarding to adopting a healthy life style through following dietary program and practicing exercise. Further studies are recommended regarding: the relation between infertility and underweight; and infertility and use of chemical douching.

Tags: Nursing Master thesis, Human.

Key words: infertility, body mass index.

Chairperson of the thesis

Signed.....

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The candidate

Mona M. Ebrahim

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LIST OF ABBREVIATIONS

ART	Assisted Reproductive Technologies
BBT	Basal Body Temperature
BMI	Body Mass Index
CS	Cesarean Section
FSH	Follicle Stimulating Hormone
GIFT	Gamete Intra Fallopian Transfer
GnRH	Gonadortropins-Releasing Hormone
HCG	Human chronic gonadotropin
HSG	Hysterosalpingogram
ICSI	Inta Cytoplasmic Sperm I njection
IUD	Intra Uterine Device
IUFD	Intra Uterine Fetal Death
IUI	Intra Uterine Insemination
IVF	In Vitro Fertilization
LH	Luteinizing Hormone
MCHC	Mother and Child Health Center
N.D	No Date