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„Pregnancy, childbirth and puerperium health problems in women after 35 year of age after natural conception and assisted reproduction methods”

Streszczenie w języku angielskim:

Delaying motherhood is a worldwide trend. Advanced maternal age (AMA) – defined, as maternal age of ≥ 35 years – is becoming a demographic, medical, economic, and social problem around the world. As a result of history of previous gynaecological problems and decreasing ovarian reserve, the possibility of natural pregnancy decreases, as a woman gets older. With increasing opportunities for assisted reproductive technology (ART), women remain confident that these advancements can compensate for age-related fertility decline. A woman's lifestyle is also as important when considering additional influences on fertility.

This dissertation focuses on health problems of women over 35 years of age during pregnancy, childbirth, and the puerperium following natural conception or ART through a series of five publications. The first three publications provide background to set-up the main studies. First: *Health problems in women over 35 during pregnancy, childbirth, and the puerperium after natural insemination and assisted reproduction methods*, provides an introduction and rationale for the study. Thereafter, *Pregnancy, childbirth, and puerperium health problems in women after 35 years of age: A systematic literature review*, presents the state of the literature regarding the most common health problems in women over 35. In the third article, a situation analysis is presented regarding stillbirth in the context of late motherhood (*Intrauterine fetal demise and late motherhood: A case report*). The original work completed for this dissertation (*Health behaviour of primiparas over 35 years of age*) aimed to compare and determine primiparas' health behaviour levels following natural or assisted conception. Findings demonstrate differences between groups in the prevalence of twin pregnancies, gestational diabetes, and pregnancy-induced hypertension, with rates being significantly less frequent in women aged ≥ 35 years following natural conception. High levels of health behaviour were observed in both study groups, especially in terms of dietary habits. The final paper of the series: *Pregnancy, Childbirth, and Puerperium Health Problems in Women Over 35 Years of Age* examines the effect of women's age on the incidence of health problems during pregnancy, childbirth, and the early postpartum period. Results indicate that maternal age over 35 is an independent risk factor for higher rates of pregnancy and perinatal complications, with

incidences of pregnancy-induced hypertension, gestational diabetes, infertility treatment use, and ART increasing significantly comparing to younger mothers.

Because of age-related medical conditions and the potential onset of health problems during pregnancy, women over 35 years of age require holistic care involving not only the provision of medical treatment, but also health education programs. Promoting knowledge and education of fertility, and the apparent risks of delaying motherhood is also necessary among young women.