BMI & Fertility
WAIT VERSUS WEIGHT?

The Impact of Body Mass on Fertility Treatment Outcomes
What is Body Mass Index (BMI)? It is a numerical value of your weight in relation to your height and is a method of estimating your body fat levels. See the formula below to calculate your BMI:

**BMI using English Measurements**

\[
\text{WEIGHT LBS.} \times 703 = \text{BMI}
\]

When using English measurements, pounds should be divided by inches squared. This should then be multiplied by 703 to convert from lbs/inches² to kg/m².

\[(\text{WEIGHT} / \text{HEIGHT} / \text{HEIGHT}) \times 703 = \text{BMI}\]

**BMI using KGs & Meters**

\[
\text{(KILOGRAMS)} \div \text{HEIGHT}^2 = \text{BMI}
\]

The formula for BMI is weight in kilograms divided by height in meters squared. If height has been measured in centimeters, divide by 100 to convert this to meters.
Sex, Body Fat & Fertility

Female BMI & the Ability to Conceive Naturally

- <25: High...
- 25 - 30: Then crashes

ABILITY TO CONCEIVE

<table>
<thead>
<tr>
<th>Female BMI</th>
<th>Odds of Conception</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;25</td>
<td>Baseline</td>
</tr>
<tr>
<td>25 - 30</td>
<td>Increased Risk</td>
</tr>
<tr>
<td>&gt;30</td>
<td>Even Greater Risk</td>
</tr>
</tbody>
</table>

Male Fat: It Matters

Odds of Natural Conception and Male BMI

- Fatter and Fatter

Odds of Natural Conception:
- <20.0: Even Greater Risk
- 20.0 - 22.5: Increased Risk
- 22.5 - 25.0: Baseline
- 25.0 - 27.5: Increased Risk
- 27.5 - 30.0: Increased Risk
- 30.0 - 32.5: Increased Risk
- 32.5 - 35.0: Increased Risk
- >35.0: Even Greater Risk
Can Technology (IVF) Override BMI?

**IVF Success by Female BMI**

- **Less Helpful**
- **Most Helpful**
- **Least Helpful**

**Weight Loss Versus No-Wait for Treatment**

**Value of Proceeding to Treatment**

- **Takes Years For Gap To Close!**
- **Direct To Treatment**
- **Weight Loss First**
Time Matters: Age, Waiting and Outcomes

**After 4 Clomid Cycles in PCOS Patient**

![Graph showing cumulative live birth rate with 2.5x higher rate of success with lifestyle fixes first.]

**Pre-Eclampsia Risks**

**Risk of Pre-Eclampsia by BMI**

![Graph showing higher risk with increase of BMI.]

- Higher risk with increase of BMI.
Conclusion:
If you WAIT, to LOSE WEIGHT, you LOSE FERTILITY!

✓ The more body fat a woman has, the harder it is for her to conceive naturally:
  - Try Low Carb, Mod Protein, Mod Fat diet
  - 50 gram of Carbs per day or less
  - Mediterranean Diet/Keto Diet

✓ Males and females are both effected... work together!

✓ Increase BMI = lower IVF success rates: technology cannot trump changes in lifestyle.

✓ PCOS is a unique syndrome that is absolutely helped with lifestyle changes. With a low carb diet, even 10% weight loss will impact fertility rates for the better!

✓ Everything is relative, waiting may help young potential parents, but as women age, fertility declines rapidly. Consider this in your calculations and plans.

✓ Besides fertility issues from elevated BMI, there are mom and baby issues also as BMI increases. Remember One Healthy Baby is our goal!
Connect

The Magarelli Fertility Center (MFC) difference doesn’t just provide treatments, we provide an experience focused on our goal of **One Healthy Baby™**. We have brought all of the reproductive specialists under one group to achieve this goal.

If you would like to learn more about MFC and the care options that we provide in an efficient, cost effective, compassionate manner, then give us a call or visit our website.

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