Obesity and Fertility

Emily S. Jungheim
Editor

Obesity and Fertility

A Practical Guide for Clinicians

Springer

Editor

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Preface

As the prevalence of obesity rises globally, it is imperative that we understand the impact of obesity on different physiologic processes and that we work to determine the mechanisms driving obesity's adverse effects on health. While we strive to improve health outcomes for everyone through application of knowledge gained in epidemiologic and basic science study, we must not lose sight of the fact that optimal outcomes for patients incorporate patient preferences. Nowhere in medicine is this more important than it is in the intersection between female fertility and obesity. For obese women, we must balance competing goals for fertility, family planning, pregnancy, minimization of long-term risks for the patient, and minimization of risks for her future children.

This book features chapters written by experts who have made the study of obesity and female fertility a focus in their daily work. It covers a gamut of topics relevant to reproductive age women from a number of different perspectives, including those from basic scientists who study the physiology of the menstrual cycle and early pregnancy, outcomes researchers who work to identify best practices in the delivery of contraceptive and prenatal care, and medical ethicists who advocate for policy that weighs the evidence in appropriate balance with principles that respect women's rights.

I am proud to have worked on this volume with the contributing authors. It is truly representative of the problems of obesity and fertility.

St. Louis, MO, USA

Emily S. Jungheim, MD, MSCI

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