

Pregnancy outcomes at maternal age 45 years and above

Authors: Saira Aatif, Farah Asghar, Uzma Awan, Khulood Al Awadi

OBJECTIVE:

Despite the increasing rate of pregnancy among women at advanced age, few studies have focused on women with very advanced age (≥ 45). The increased occurrence of births at older maternal ages is due to the increased population of women aged 35 to 45, as well as later marriage, second marriage, the availability of better contraceptive options, and wider opportunities for further education and career advancement.

However, studies have generally observed that most women over 45 years of age or over 50 years of age have good pregnancy outcomes and are able to cope with the physical and emotional stresses of pregnancy and parenting. Aim of this study was to find pregnancy outcome at very advanced maternal age and associated risk factors.

DESIGN:

This was a retrospective observational study including women delivered at 45 years of age and above in 2 years (2020 and 2021).

METHOD:

This study was conducted at Sheikh Shakhboub Medical City Abu Dhabi, UAE and data was collected from computerized salamatak /Cerner database reporting system.

RESULTS:

Total Number of deliveries in 2 years were 21 with average gestational age of delivery at 39 weeks gestation. All women conceived spontaneously.

Pregnancy Outcome	Number of patients n=21	Percentage outcome
Grandmultipara	14	66%
Obesity(BMI ≥ 30)	16	76%
Gestational Diabetes	13	62%
Macrosomia (Fetal weight $> 4\text{kg}$)	6	30%
Induction of labor	6	28%
Cesarean section	13	62%
Vaginal delivery	8	38%
Emergency Cesarean section due to failed Induction of labor	3	50%

CONCLUSIONS:

Pregnancy at very advanced maternal age is associated with higher risk of emergency cesarean section, gestational diabetes mellitus, increased rates of induction of labor and failed induction. Obesity and grand multi parity were independent risk factors along with very advanced maternal age.