

Preface



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Guest Editor

This issue of the *Obstetrics and Gynecology Clinics of North America* is devoted to women and obesity. An overview of up to date and relevant information on this topic is provided by well recognized experts in the field who have contributed to this issue. Articles include information that will be useful to clinicians and researchers alike.

The obesity pandemic remains unabated and has been frequently in the forefront of medical news for the past two decades. Particularly relevant is the fact that obesity is more prevalent in women, 33.4% compared with 27.5% in men, and affects significantly quality of life and longevity. The gender differences are now better understood. Some aspects of gender related findings are addressed in an article by Drs. Magkos and Mittendorfer.

Healthcare costs of obesity in women is reviewed in an article by Dr. Gavard who summarizes the pertinent literature; included are the projected prevalence and related attributable future annual costs of obesity.

Obesity related co-morbidities and mortality are on the rise as is healthcare cost. The increase in prevalence for Diabetes and Metabolic Syndrome are of significant concern.

It has been widely recognized that obesity is a chronic relapsing disease that manifests itself at different life stages in women: childhood, reproductive years, and menopausal/post menopausal years and in the elderly. The ethnical aspects of obesity in minorities are addressed in an article by Dr. Phelan.

Several articles address the roots and evolution of obesity in our society. The early life origins of obesity and the Barker and Hales “thrifty phenotype hypothesis” along with environmental influences are described by Dr. Newnham and colleagues. The generational link in maternal and child obesity is explored in detail from another angle by Dr. Oken.

For years, infertility has been frequently encountered among overweight/obese women. Dr. Loret de Mola details the etiology and management of infertility in obese women. Another aspect of quality of life and potential related infertility is addressed in Dr. Shah’s article on sexuality.

The causes for obesity closely relate to lifestyle factors, and several of the articles cover different aspects, pathophysiology and managing strategies. The cardiovascular and pulmonary aspects of obesity are being described in an article by Dr. Zavorsky.

Exercise prescription for overweight/obese subjects is the focus of Dr. Mottola's article. Pregnancy, obesity and related complications are now a common clinical occurrence and the focus of an article by Dr. Yogev and Dr. Catalano. Of particular concern is the increase in prevalence of gestational diabetes and weight retention in the post partum period and beyond. Weight retention after excessive weight gain in pregnancy is addressed in an article by Dr. Gunderson.

I wish to express my gratitude to the co-authors of this issue of *Obstetrics and Gynecology Clinics of North America* for their outstanding and up to date contributions. Many thanks also to Carla Holloway, Senior Managing Editor and her assistants for their support and professionalism.

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