

## **Health Risks Of Early ( 19) And Late( 35) Childbearing**

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**Objective :** To determine the effects of pregnancy at extreme ages of reproductive life on the maternal and fetal health.

**Materials and Methods:** A retrospective study was conducted to assess early and late childbearing effects in terms of maternal and fetal characteristics, pregnancy outcome and postpartum complications.

**Results:** Of 3083 pregnancies encountered during the study period, early and late childbearing prevalences were 89 (2.9%) and 358 (11.6%), respectively. Rest of the cases belonged to 20-34 age group (%85.1). In eleven cases (0.4%), age registry was not found. Among adolescent group, 11.2% of cases had at least two pregnancies. In this age group, 11.2% of cases had at least one delivery. For late childbearing age group, 59.4%(n=212) had at least three pregnancies and, 21.3%(n=79) of cases had at least three deliveries. Mean gestational age at delivery for cases 19, 35 and 20-34 age groups were,  $36.4\pm 0.96$ ,  $36.7\pm 0.42$  and  $37.6\pm 1.4$ , respectively. Only differences in regard to gestational age was relevant between pregnancies at 35 and 20-34 maternal age groups ( $p=0.001$ ). Adolescent pregnancies had high rates of eclampsia (OR:4.9, 95%CI:2.8-8.8), low birth weight (<2500gr) babies (OR:3.0,95%CI:1.9-4.7) and low 1- and 5- minute Apgar scores (OR:2.2,95%CI:1.4-3.3 and OR:1.7,95%CI:1.0-2.8, respectively). For late pregnancies, high rates of abortion (OR:3.0,95%CI:2.4-3.8), preeclampsia (OR:8.2, 95%CI:4.9-13.9), cesarian section (OR:1.3, 95%CI:1.0-1.8), low birthweight infants (OR:1.3,%95CI:1.0-1.7), low 1- and 5- minute Apgar scores (OR:1.4, 95%CI:1.1-1.8 and OR:1.5, 95%CI:1.1-2.3, respectively) and high cesarian section (OR:1.5,95%CI:1.2-1.9) were observed.

**Conclusion:** Pregnancy prevention at the extreme ages of reproduction could protect women health by effective contraception.