



Do you want to lose weight?

Are you planning pregnancy in the next 6 months?

If the answer is YES, we want to hear from you!

Useful Links

University of Melbourne
www.unimelb.edu.au

Melbourne Health
www.mh.org.au

Royal Women's Hospital
www.thewomens.org.au

Mercy Health
www.mercy.com.au

Austin Health
www.austin.org.au

Royal Australian and New Zealand College of Obstetrics and Gynecology
www.ranzcog.edu.au

Better Health Channel
www.betterhealth.vic.gov.au

Eat for health
www.eatforhealth.gov.au

National physical activity guidelines
www.health.gov.au

Maternity and newborn clinical network
www.health.vic.gov.au

In order to be considered for this trial, you must be:-

- Aged 18-38 years
- Desiring weight loss prior to pregnancy
- Planning pregnancy in the next 6 months
- Living in Victoria, Australia

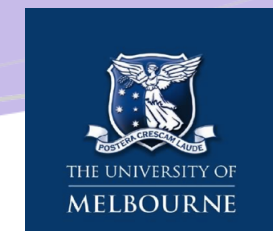
If this sounds like you, and you wish to know more about this study, please contact the Trial Coordinator:

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“Can my weight affect my baby?”

Research tells us that women who are overweight or obese when they become pregnant, have an increased risk of complications in pregnancy.

Potential complications for mum

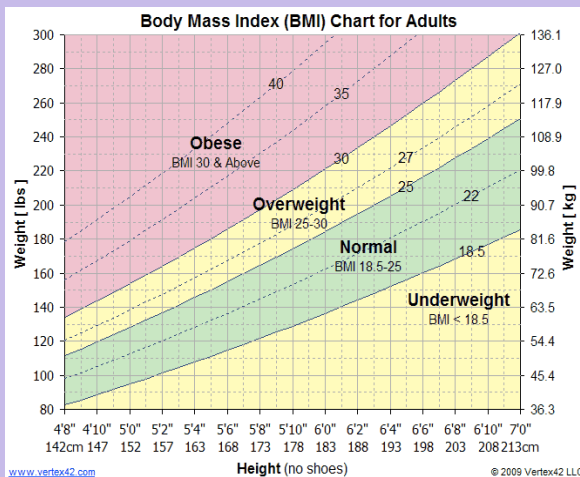
- Gestational diabetes
- Gestational hypertension
- Preeclampsia
- Caesarean Section

Potential complications for Baby

- Excessive growth; “macrosomia”
- Preterm delivery
- Jaundice requiring treatment
- Admission to the Special Care

Around half of all women are either overweight or obese when they become pregnant.

How do you know if you are over-weight or obese?



“What can I do to prepare for pregnancy?”

A normal body weight before pregnancy, and not gaining excessive weight during pregnancy, will reduce the risk of a complicated pregnancy.

If you are currently over-weight or obese and are planning pregnancy, weight loss is advised.

There are many different weight loss programs available. However, it is not known which weight loss program is preferred in women planning pregnancy.

The University of Melbourne is conducting a clinical trial that aims to compare two different weight loss programs.

Women planning pregnancy who wish to take part in this trial will participate in one of two different weight loss programs over a 3-month period.

Women will then be observed prior to, and during pregnancy. Information about the health of mother and baby will be collected.