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Letter to the Editor

BJOG Exchange

Authors' Reply Re: Self-weighing and simple dietary advice for overweight and obese pregnant women to reduce obstetric complications without impact on quality of life: a randomised controlled trial

Dear Editor,

We thank Drs Ryu and colleagues for their interesting comments in response to our trial on gestational weight gain (GWG) in overweight and obese women (1). We agree that GWG and obesity in pregnancy are important, partly overlapping factors in adverse pregnancy outcomes, and that a significant amount of research has focused on methods to reduce GWG. We note that in meta-analysis, dietary interventions appear to be the most successful at reducing GWG, compared to exercise or other interventions but studies have shown mixed results in reducing other important maternal and neonatal outcomes (2).

Our study and others' results have led us to revise our initial hypothesis: we now feel that serial self-weighing alone is unlikely to alter GWG or health outcomes for overweight and obese women and their children in any predictable way (1, 3). Nevertheless, it is extremely reassuring to know that women do not suffer anxiety or diminished quality of life when they participate in research aimed at controlling GWG (1, 4). We anticipate that serial self-weighing will remain in research and clinical practice. For example, we await results from a low-cost, woman centred, mobile-health (m-health) intervention for overweight and obese pregnant women in which serial self-weighing is one component (5).

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Yours sincerely

Elizabeth A. McCarthy on behalf of co-authors, Susan P. Walker, Antony Ugoni, Martha Lappas, Omega Leong and Alexis Shub

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Title:

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