



Obesity: Why Are Men Getting Pregnant?

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Getting pregnant can feel like a game of luck, but you have some control over conception. Try these six expert-approved ways to improve your chances. We use cookies (why?) You can change cookie preferences. Continued site use signifies consent. —. Getting Pregnant. Trying to conceive. Infertility. Pregnancy. Pregnancy by week. Discover how your weight impacts your ability to get pregnant. Learn the connection between BMI and fertility, plus what you can do about it. This is why athletes and underweight women may stop menstruating altogether. Even if they are menstruating, their cycles may be irregular or they may not be ovulating. From an evolutionary perspective, it makes some sense: if you're starving, this may not be a good time to bring children into the world, who may also not get enough food. For women who are overweight, their fat cells produce estriol, which is a weak estrogen. This leads to having too much circulating estrogen. Obesity affects spontaneous pregnancy chances in subfertile, ovulatory women. Hum Reprod. 2008;23(2):324-8. doi:10.1093/humrep/dem371. In men, there could be several added risks. The surgery would be more complicated because the "body's anatomy is not naturally designed for there to be space and blood supply for the womb," Aftab said. In addition, men do not produce the hormones needed to support pregnancy, so they would need a lot of hormone therapy to allow pregnancy to happen, which could introduce additional risks. Animal studies likely would be needed to examine the doses of hormones needed to support pregnancy in men and to see whether the blood flow to the uterus is adequate after transplantation, Caplan