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## THE RELATIONSHIP BETWEEN BODY MASS INDEX WITH NAUSEA AND VOMITING IN THE FIRST TRIMESTER

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Introduction: Nausea and vomiting in the first trimester is a common complaint of about 70% of pregnant women and it has a major effect on their quality of life. Its etiology is unknown but there are some risk factors for it.

Aims: The purpose of this study was to obtain the relationship between body mass index (BMI) and nausea and vomiting during pregnancy.

Methods: This case-control study was performed on 300 pregnant women who had referred to outpatient clinics. 150 of these women were suffering from nausea and vomiting while the other 150 didn't have this problem. We determined BMI in two groups. Then the results were analyzed statistically.

Results: The age average was 24.9 and 26.2 in case and control groups respectively. The BMI average was 26.01 kg/m<sup>2</sup> and 26.02 kg/m<sup>2</sup> in case and control groups respectively. No significant relationship was observed between two groups regarding the presence of nausea but in case group, women with vomiting had lower BMI (p=0.026).

Conclusions: It was concluded that BMI is not a risk factor for nausea and vomiting during pregnancy.