



# Older mothers/ birthing people

Question everything and assess your own level of risk.

Remember, we are not all the same in terms of our health & lifestyles so it seems incredulous to think because we are post 35, we have to be categorised in one clump as high risk.

"Pregnant women over 35 years old, have issues and concerns to which healthcare providers must pay attention when in professional contact with these women. In order to meet the needs of older pregnant women, healthcare providers themselves, need more information concerning the experiences of older women during pregnancy, in order to increase their understanding and knowledge of age-related pregnancy risks. Healthcare providers should remember that pregnancy can evoke a broad range of feelings in women of advanced maternal age, which can vary from happiness to anxiety". (2. below)

The incidence of stillbirth at term in women is low.  
It is higher in women of advanced maternal age.

This at 39–40 weeks of gestation equates to  
**2 in 1000 for women  $\geq 40$  years of age compared to  
1 in 1000 for women  $< 35$  years old.**

Women  $\geq 40$  years of age having a similar stillbirth risk at 39 weeks of gestation to women in their mid 20s at 41 weeks of gestation, at which stage the consensus is that induction of labour should be offered to prevent late stillbirth.

## Articles to read :

1. <https://evidencebasedbirth.com/advanced-maternal-age/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2729989/>
3. [https://www.rcog.org.uk/media/lp4n13jn/sip\\_34.pdf](https://www.rcog.org.uk/media/lp4n13jn/sip_34.pdf)
4. <https://www.sarawickham.com/articles-2/nice-guideline-on-inducing-labour/>
5. <https://www.nice.org.uk/news/article/nice-recommends-inducing-women-in-labour-earlier-in-new-draft-guidance>

***Midwife Nadia says "Risk is subjective but with appropriate monitoring and individualised care with frequency of visits with your midwife, we want you to be confident with our support to assess the risk for yourself".***