

## **ADDITION OF FAMILY BUILDING AS A PART OF PERIMENOPAUSAL/MENOPAUSAL COUNSELING: PERCEPTIONS AND BARRIERS**

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### **Abstract Body**

**Background:**Increasing opportunities for women in the workplace have driven a demographic shift with many women electing to delay childbearing in pursuit of educational and career goals. Assisted reproductive techniques have advanced in tandem to facilitate pregnancy for these women. In turn, healthcare counseling must evolve to meet these specific needs, and address pregnancy risks for patients over the age of 35 with sensitivity and accuracy. **Methods:**To better inform Ob/Gyn practitioners, we assessed the current literature characterizing the portrayal of mature pregnancy risks and counseling. A review of the literature was performed according to Preferred Reporting Guidelines for Systematic Reviews and Meta-Analysis (PRISMA) guidelines. The EMBASE, Web of Science, and Cochrane databases of articles related to pregnancy counseling in women over 35 years were included for analysis if they were written in English, underwent peer-review, and had full-text availability. **Results:**According to the CDC, the birth rate for women aged 40–44 was 11.6 births per 1,000 women in 2017, up 2% from 2016. The rate for this group has risen almost continuously since 1985. The number of births to women in their early 40s rose 1% from 2016 to 2017. The number of births to women aged 45 and over rose 3% from 2016 to 2017. These results may not reflect the number of perimenopausal/menopausal women who used a surrogate. Given the increase in birth rate, initial search produced a significantly low number of articles discussing family building as part of routine perimenopausal/menopausal counseling. **Conclusion**We provide an up-to-date perspective of the state of perimenopausal/menopausal pregnancy counseling in the field of Ob/Gyn. Given the increasing proportion of women over 35 years who are seeking to become pregnant, our review encourages healthcare providers and programs to incorporate a more robust family building discussion as a part of menopausal counseling.