

What is a Maternal-Fetal Medicine (MFM) Subspecialist?

An MFM is an OB-GYN physician who provides expert care for high-risk pregnancies to improve outcomes for both the pregnant woman and the fetus.



What do MFMs do?

MFMs provide specialized care for pregnant patients with complex health conditions before, during, and after pregnancy.

They research and develop innovative approaches and treatments to improve maternal and fetal health outcomes.



What is a High-Risk Pregnancy?

High-risk pregnancy increases the risk of health complications for the pregnant woman, fetus, or both.

A pregnancy may be considered high-risk due to:

- Pre-existing maternal health condition.
- Pregnancy complication that develops.
- Fetal birth defect or condition.



What Qualifies as a High-Risk Pregnancy?



Pre-existing Maternal Health Complications

Hypertensive disorders, previous preterm birth, and thyroid disorders.

Cardiovascular disease is one of the leading causes of pregnancy-related deaths, accounting for 12.8% of maternal deaths in the US. (CDC, 2024).



Maternal Health Conditions

High blood pressure, obesity, diabetes, lupus, and substance use disorders.



Fetal Complications

Fetal growth restriction, birth defects, twins and higher-order multiples, and genetic conditions.



Other Pregnancy Complications

Flu and other infectious diseases.

Infection and sepsis account for around 14% of pregnancy-related deaths in the US.

Nearly **1 in 5** pregnancies in the US is considered **high-risk**, meaning millions of pregnant women require specialized care each year.



Why MFMs Matter

The **US** has one of the **highest maternal mortality rates** among developed nations. Many pregnancy-related **complications** are **preventable** with timely and specialized care.

Access to an **MFM subspecialist** can improve outcomes and **save lives** for both the **pregnant woman** and the **fetus**.

Pregnant women in rural areas are **50%** more likely to experience **complications** due to **limited access** to MFM subspecialists. Many high-risk patients travel over **50 miles** for specialized care.

