

# 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 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.



# 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.

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**

Access to an **MFM subspecialist** can improve outcomes and **sSsave 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.

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

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