

IVF and Obstetric Morbidity: A Risk Reduction Opportunity

Malavika Prabhu, MD

Associate Medical Director, Obstetric Quality & Safety

Assistant Professor, Obstetrics & Gynecology, HMS

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HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

Disclosures

- **Consulting Fee (e.g., Advisory Board):**
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Objectives

- 1) To characterize risks of obstetric morbidity based on IVF interventions
- 1) To identify patients at risk of obstetric morbidity
- 1) To target interventions that optimize pregnancy rates while minimizing perinatal complications



Agenda

Perinatal Risks of IVF-conceived Gestations

The typical MFM consult

Dissecting the Risk of Preeclampsia in IVF: An MFM-married-to-an-REI's Perspective

Interventions and counseling matter

Risk Reduction: Pipe dream or reality?

Bidirectional communication to facilitate thoughtful interventions

Group Discussion

I hope this is lively!



IVF Risks



IVF Risks

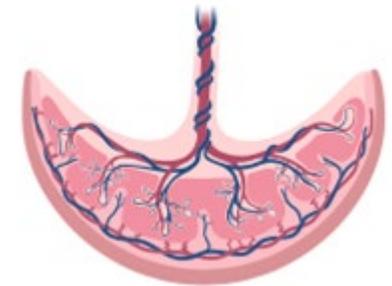
Society for Maternal-Fetal Medicine Consult Series #60: Management of pregnancies resulting from in vitro fertilization



Hypertension/preeclampsia
Gestational diabetes



Multiple gestation
Small/large for gestational age
Congenital heart disease
Stillbirth



Placenta previa/accreta
Cord abnormalities



IVF Risks and Preeclampsia

Table 1. Clinical Risk Assessment for Preeclampsia^a

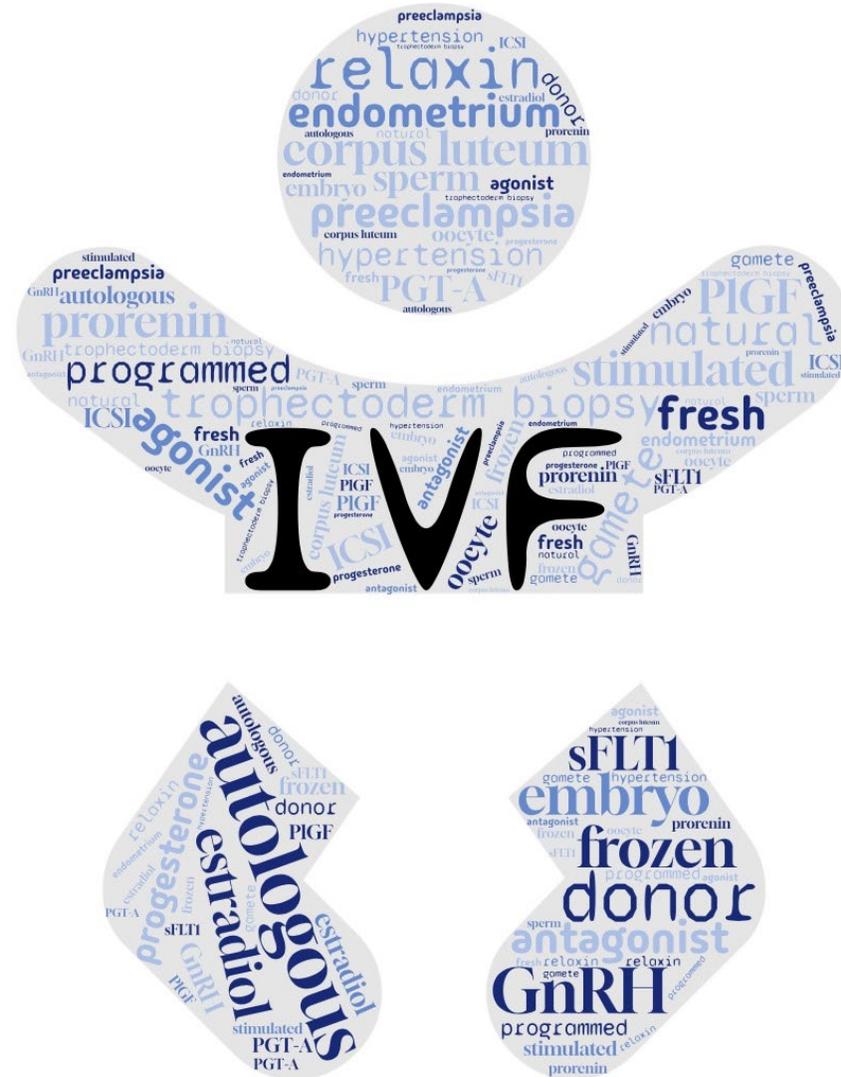
Risk level	Risk factors	Recommendation
High ^b	<ul style="list-style-type: none"> • History of preeclampsia, especially when accompanied by an adverse outcome • Multifetal gestation • Chronic hypertension • Pregestational type 1 or 2 diabetes • Kidney disease • Autoimmune disease (ie, systemic lupus erythematosus, antiphospholipid syndrome) • Combinations of multiple moderate-risk factors 	Recommend low-dose aspirin if the patient has ≥ 1 of these high-risk factors
Moderate ^c	<ul style="list-style-type: none"> • Nulliparity • Obesity (ie, body mass index >30) • Family history of preeclampsia (ie, mother or sister) • Black persons (due to social, rather than biological, factors)^d • Lower income^d • Age 35 years or older • Personal history factors (eg, low birth weight or small for gestational age, previous adverse pregnancy outcome, >10-year pregnancy interval) • In vitro conception 	<p>Recommend low-dose aspirin if the patient has ≥ 2 moderate-risk factors</p> <p>Consider low-dose aspirin if the patient has 1 of these moderate-risk factors</p>
Low	Prior uncomplicated term delivery and absence of risk factors	Do not recommend low-dose aspirin

USPSTF threshold for preeclampsia risk meriting LDASA: at least 8%

Risk reduction with low dose aspirin: 18%



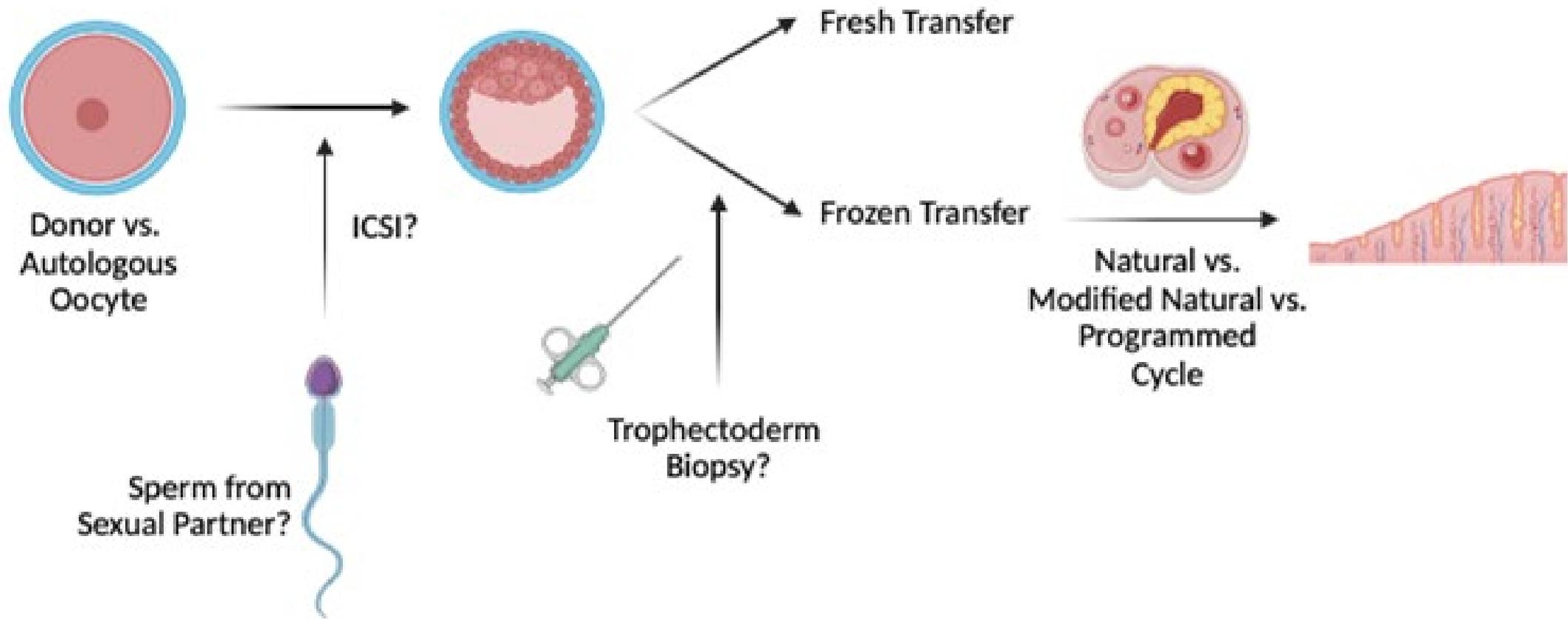
All IVF is Not The Same



IVF Interventions & Preeclampsia Risk

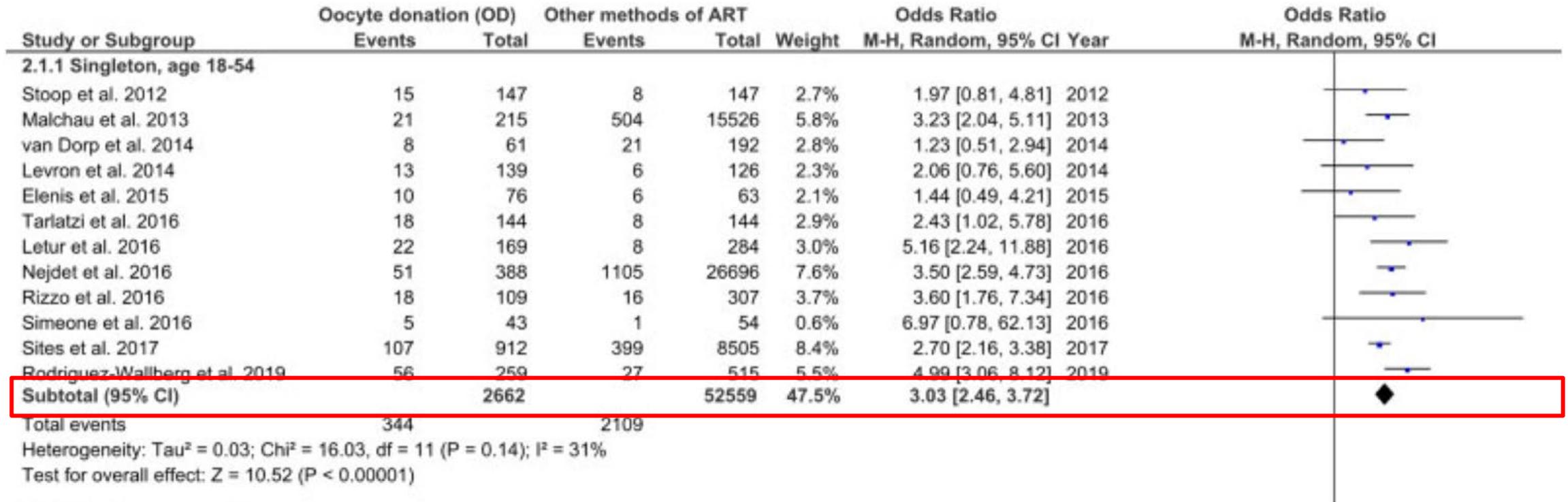
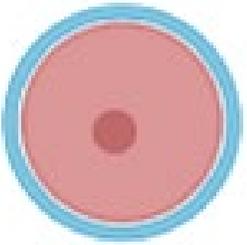


IVF Interventions: From Gamete to Embryo Transfer



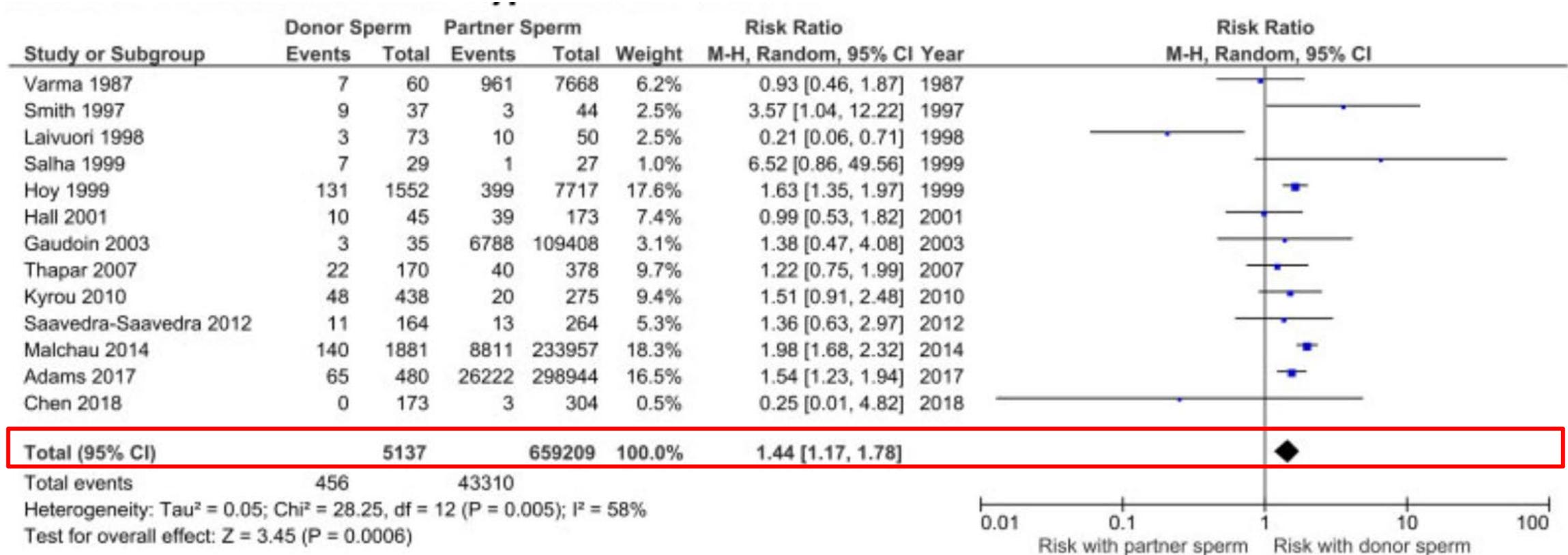
Oocyte: Donor vs Autologous

Risk of Preeclampsia



Sperm: Donor vs Sexual Partner

Risk of Hypertensive Disorders of Pregnancy



Intracytoplasmic Sperm Injection

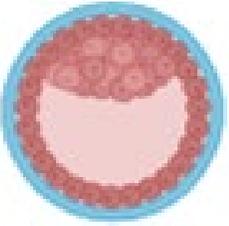
Risk of Hypertensive Disorders of Pregnancy



Experimental	Number of studies	ART study size (n)	SC study size (n)	OR; 95% CI	I ² (%)	P value	NNH
Hypertensive Disorders of Pregnancy							
IVF/ICSI singleton	51	268,166	7,728,641	1.70 (1.60–1.80)	80	< 0.01 ^a	47.2
IVF singleton	5	41,238	437,723	1.55 (1.23–1.94)	90	< 0.01 ^a	85.9
ICSI singleton	9	27,108	446,149	1.52 (1.28–1.80)	75	< 0.01 ^a	54.3
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Fresh embryo transfer singleton	16	162,867	4,381,981	1.43 (1.33–1.53)	72	< 0.01 ^a	57.4
Frozen embryo transfer singleton	9	41,462	4,090,152	1.74 (1.58–1.92)	55	< 0.01 ^a	52.6
Oocyte donation singleton	9	12,461	2,413,466	4.42 (3.00–6.51)	83	< 0.01 ^a	16.3
Oocyte donation multiple	2	10,488	59,045	2.62 (2.46–2.79)	0	< 0.01 ^a	10.2



Fresh or Frozen Embryo



Risk of hypertensive disorders in pregnancy after **fresh** and **frozen** embryo transfer in assisted reproduction:
A population-based cohort study with within sibship analysis

1988–2015 in Denmark, Norway, and Sweden:

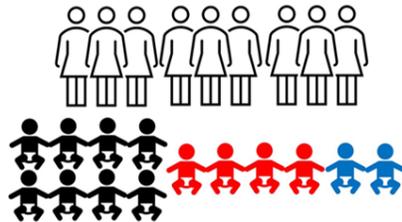
Natural 4 426 691 pregnancies
Fresh 78 300 pregnancies
 Frozen 18 037 pregnancies



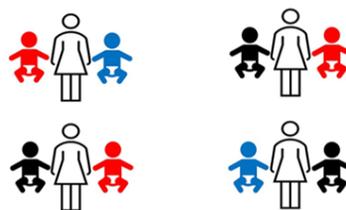
Risk of hypertensive disorders in pregnancy:

Natural 4.3%
Fresh 5.9%
 Frozen 7.4%

Population level (n=4 523 028)



Within sibships (n=33 209)



Fresh vs natural

1.02 (0.98 to 1.07)
 0.99 (0.99 to 1.00)

Frozen vs natural

1.74 (1.61 to 1.89)
 2.02 (1.72 to 2.39)

Population level
 Within sibship
 Population level
 Within sibship

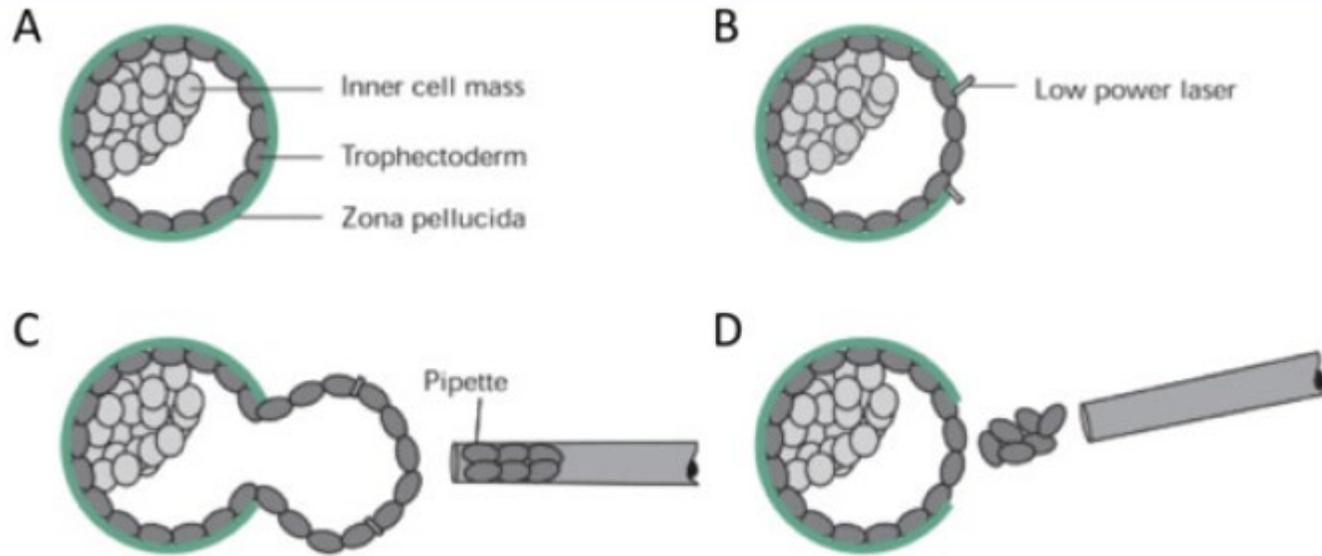
0.75 1.0 1.5 2.0 3.0 4.0

Adjusted odds ratio (95% confidence interval)



Trophectoderm Biopsy

The Future Placenta



Trophectoderm Biopsy

Risk of Hypertensive Disorders of Pregnancy

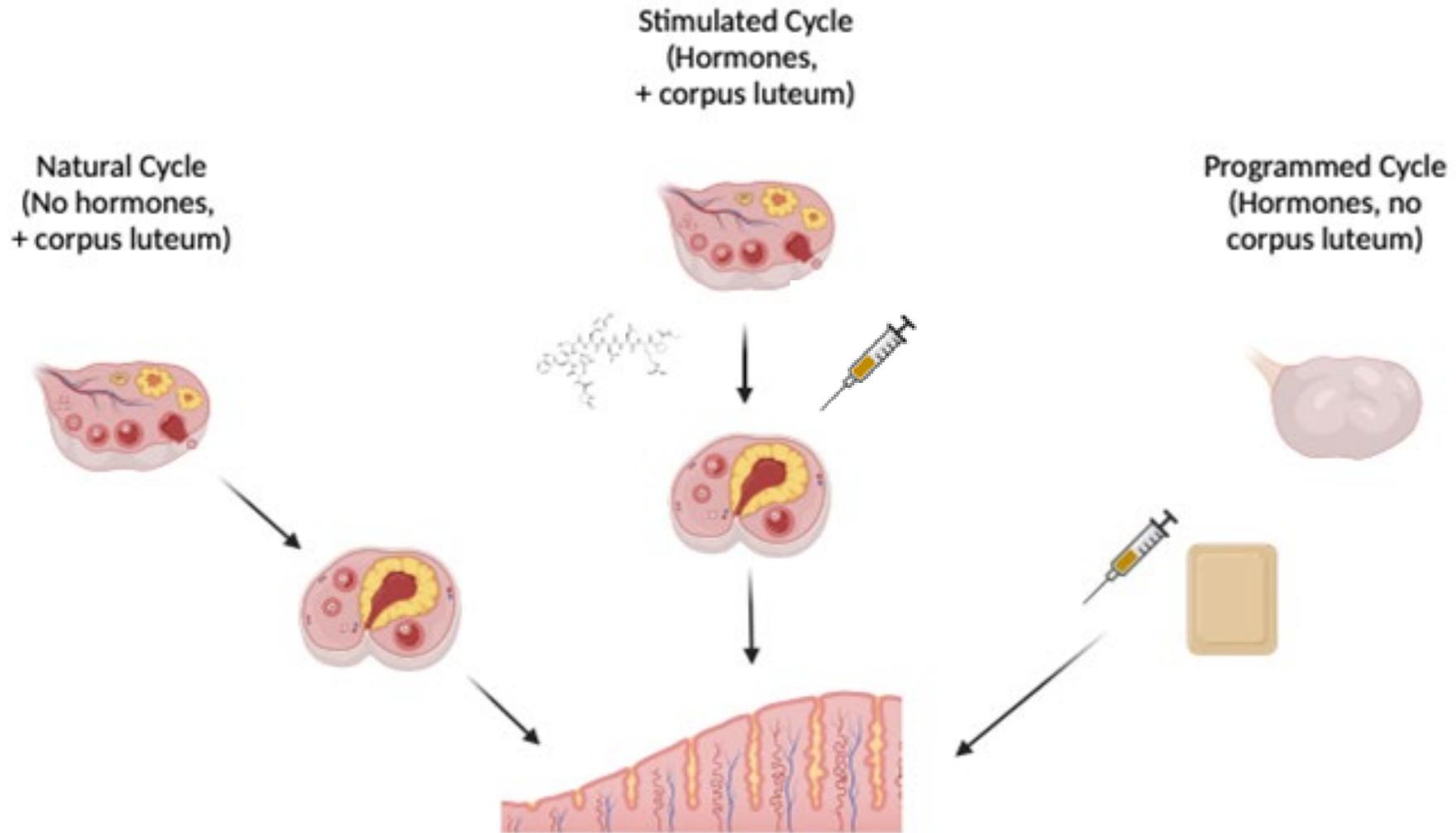
Cohort studies are small, single center, incompletely account for confounding by indication, transfer type

Outcome	IVF (n = 150)	IVF-PGT (n = 155)	aOR ^a (95% CI)	P value
Obstetric				
Gestational hypertension	3 (2.2)	3 (1.9)		1.0
Preeclampsia	5 (3.7)	15 (9.3)	2.95 (0.98, 8.92)	.04
Preeclampsia with severe features	3 (2.2)	7 (4.3)	1.59 (0.34, 7.36)	1.0
Outcomes	PGT singleton pregnancies (n = 214)	IVF/ICSI singleton pregnancies (n = 617)	Odds ratio/mean difference (95% CI)	P value ^a
Obstetric outcomes				
Gestational hypertension	11 (5.1)	14 (2.3)	2.33 (1.04, 5.22)	.039
Preeclampsia	7 (3.3)	12 (1.9)	1.71 (0.66, 4.39)	.269

Meta-analyses have conflicting results → Independent risk of trophectoderm biopsy is uncertain

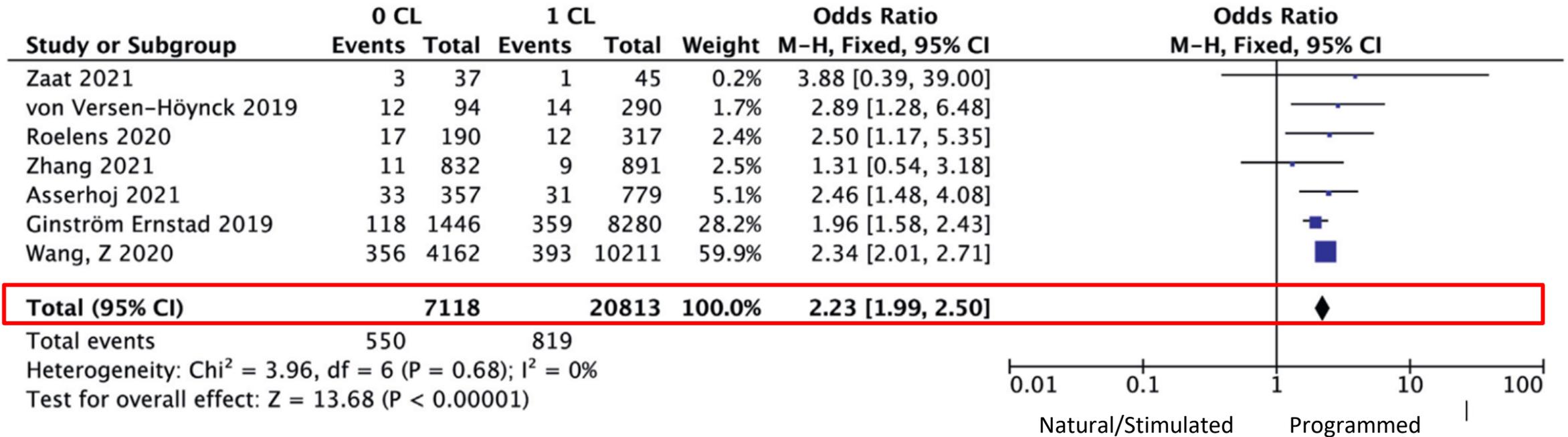


Transfer Cycle Type



Programmed Transfer

Risk of Preeclampsia



Programmed transfer is associated with term/late preterm preeclampsia, though literature characterizing preeclampsia phenotype (timing, severity) is nascent



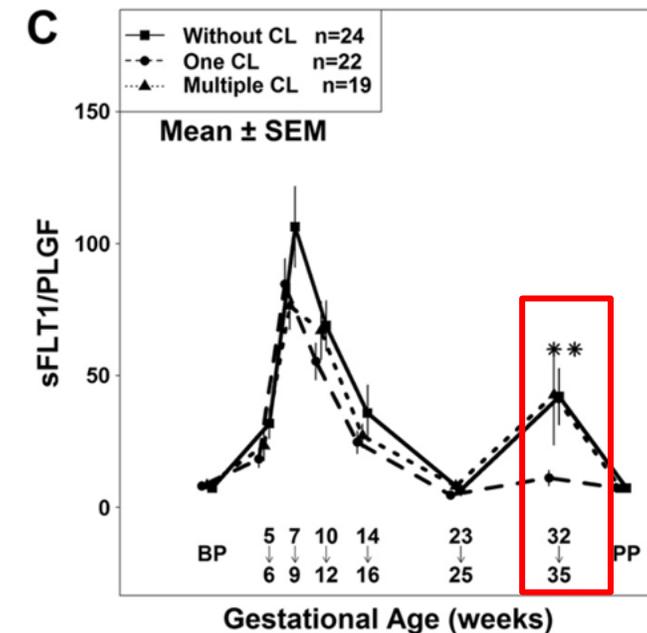
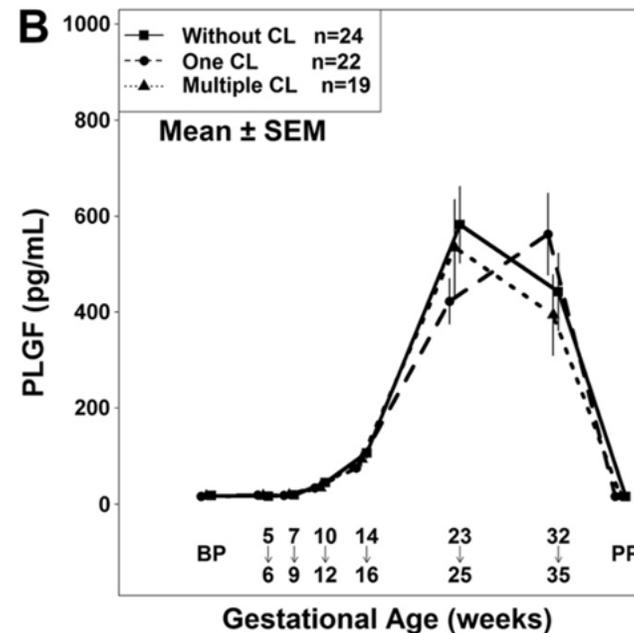
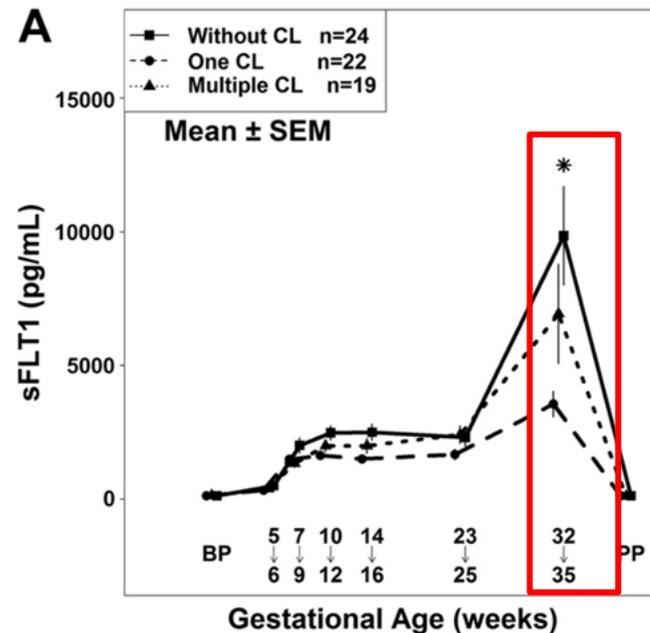
Transfer Cycle Type

Why Does the Corpus Luteum Matter?



Relaxin → maternal vasodilatory changes + optimal decidualization → improved placentation

- Relaxin decreases SVR, increases CO, increases GFR
- Prorenin levels increase → RAAS activation (RAAS suppressed in preeclampsia)
- Lack of CL hormones are (partially) rescued by placental growth factor (PLGF) in early 2nd trimester

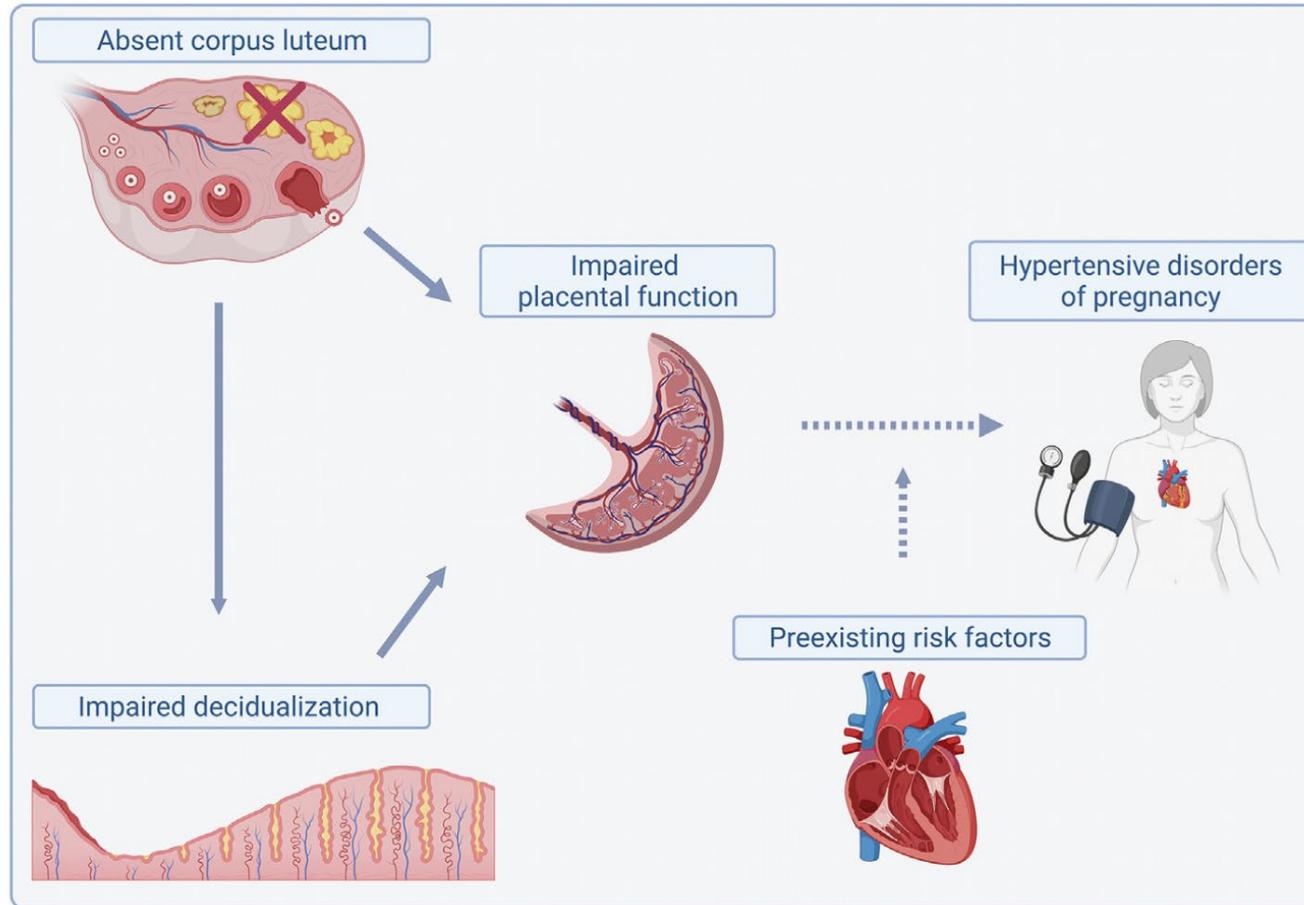


Transfer Cycle Type

The Corpus Luteum Matters

Association between programmed frozen embryo transfer and hypertensive disorders of pregnancy

Pietro Bortoletto, M.D., M.Sc.,^{a,b,c} Malavika Prabhu, M.D.,^{c,d} and Valerie L. Baker, M.D.^e



2-hit hypothesis

More work needed to understand the role of CL secretory hormones

2 Ongoing RCTs to answer the clinical implications of transfer type on HDPs
-NATPRO (US)
-Spanish RCT





REI ↔ OB: A Shared Mental Model To Facilitate Risk Reduction





Tangible Clinical Implications

Hypertensive Disorders of Pregnancy

Nuanced counseling around and selection of IVF interventions in **at risk patients** → improved obstetric management of patients with at risk IVF interventions

- Donor gamete (especially reciprocal IVF)
- PGT
- Transfer cycle type

Who is an *at risk patient*, and why does it matter?

- New definition and management of chronic hypertension
- New data on aspirin dosing
- New diagnostics for preeclampsia
- Emerging therapies for preeclampsia





Chronic Hypertension Reimagined

New Definitions, New Treatment

ACOG/SMFM: 140/90

ACC/AHA: 130/80 - stage 1 HTN; 140/90 - stage 2 HTN

- At risk patients may be at risk and not know it
- HTN vs white coat HTN

Stage 1 HTN and obstetric outcomes

- aRR preeclampsia: 2.66 (incidence 15.3% vs 5.4%)
- aOR HDP: 2.54 (incidence 10.9% vs 4.2%)
- Increased risks of preterm birth, variable impact on SGA, NICU admission, GDM



Chronic Hypertension Reimagined

The CHAP Trial

Tight BP control (<140/90) vs usual care, in those with mild cHTN <23 weeks' gestation

Table 2. Primary and Safety Outcomes.

Outcome	Imputation Analysis (N = 2408)*		Complete-Case Analysis (N = 2325)†			
	Adjusted Risk Ratio (95% CI)	P Value	Active Treatment	Control	Risk Ratio (95% CI)	P Value
			<i>no./total no. (%)</i>			
Primary composite outcome	0.82 (0.74–0.92)	<0.001	353/1170 (30.2)	427/1155 (37.0)	0.82 (0.73–0.92)	<0.001
Preeclampsia with severe features	0.80 (0.70–0.92)		272/1170 (23.3)	336/1155 (29.1)	0.80 (0.70–0.92)	
Medically indicated preterm birth at <35 wk	0.73 (0.60–0.89)		143/1170 (12.2)	193/1155 (16.7)	0.73 (0.60–0.89)	
Placental abruption	0.88 (0.49–1.59)		20/1170 (1.7)	22/1155 (1.9)	0.90 (0.49–1.64)	
Fetal or neonatal death at <28 days	0.81 (0.54–1.22)		41/1170 (3.5)	50/1155 (4.3)	0.81 (0.54–1.21)	
Safety outcome						
Small for gestational age						
<10th percentile	1.04 (0.82–1.31)	0.76	128/1146 (11.2)	117/1124 (10.4)	1.07 (0.85–1.36)	0.56
<5th percentile	0.89 (0.62–1.26)	0.51	58/1146 (5.1)	62/1124 (5.5)	0.92 (0.65–1.30)	0.63



162 is the new 81

Is more aspirin better?

ASPREE trial

- ASA 150 qhs vs placebo, started at 11-14 weeks, in high risk singleton gestations
- “High risk” = Proprietary algorithm using maternal risk factors, uterine artery PIs, mean arterial pressure, PAPP-A, placental growth factor levels → > 1/100 risk of *preterm* preeclampsia

Outcome	Aspirin Group (N=798)	Placebo Group (N=822)	Odds Ratio (95% or 99% CI)*
Primary outcome: preterm preeclampsia at <37 wk of gestation — no. (%)	13 (1.6)	35 (4.3)	0.38 (0.20–0.74)
Secondary outcomes according to gestational age			
Adverse outcomes at <34 wk of gestation			
Any — no. (%)	32 (4.0)	53 (6.4)	0.62 (0.34–1.14)
Preeclampsia — no. (%)	3 (0.4)	15 (1.8)	0.18 (0.03–1.03)
Gestational hypertension — no. (%)	2 (0.3)	2 (0.2)	1.02 (0.08–13.49)
Small-for-gestational-age status without preeclampsia — no./total no. (%)†	7/785 (0.9)	14/807 (1.7)	0.53 (0.16–1.77)





162 is the new 81

Is more aspirin better?

ASA 81 vs 162

- Ongoing RCTs, data not yet available
- ASPREO
 - Open label trial of ASA 81 vs 162 if BMI 30+ and one RF (stage 1 HTN, hx preeclampsia, T2DM)
 - ASA 81 vs 162, started at 12-20 weeks, with complicated Bayesian statistics
 - “ASA 162 seems modestly more risk reducing” in this high risk group

The jury is out

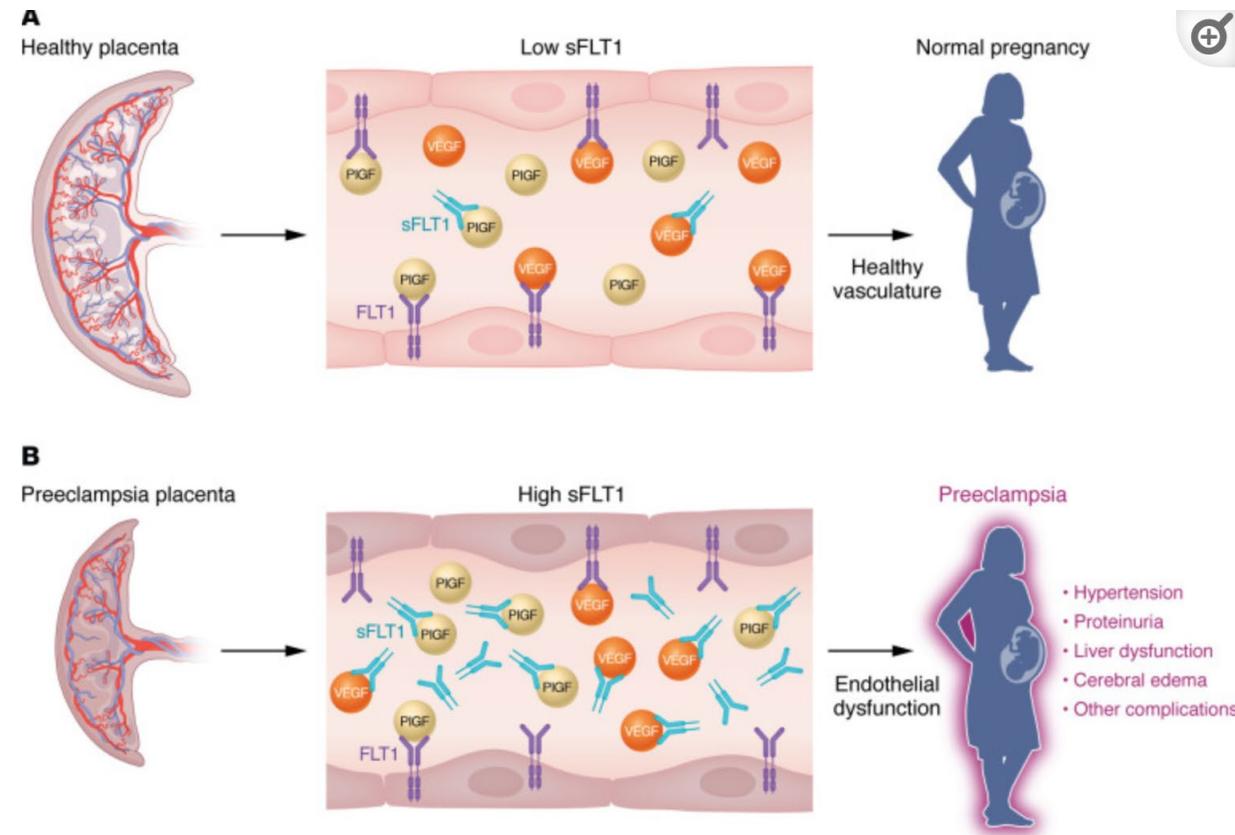


Novel Diagnostics for Preeclampsia

Are we better at finding it?

The sFLT1 (soluble fms-like tyrosine kinase 1) story

- sFLT1: soluble inhibitor of VEGF and PlGF
- sFLT1 allows for vascular homeostasis
- Excess sFLT1 decreases VEGF/PlGF binding → endothelial dysfunction, vascular relaxation inhibited → clinical preeclampsia



Novel Diagnostics for Preeclampsia

The PRAECIS Trial

ORIGINAL ARTICLE

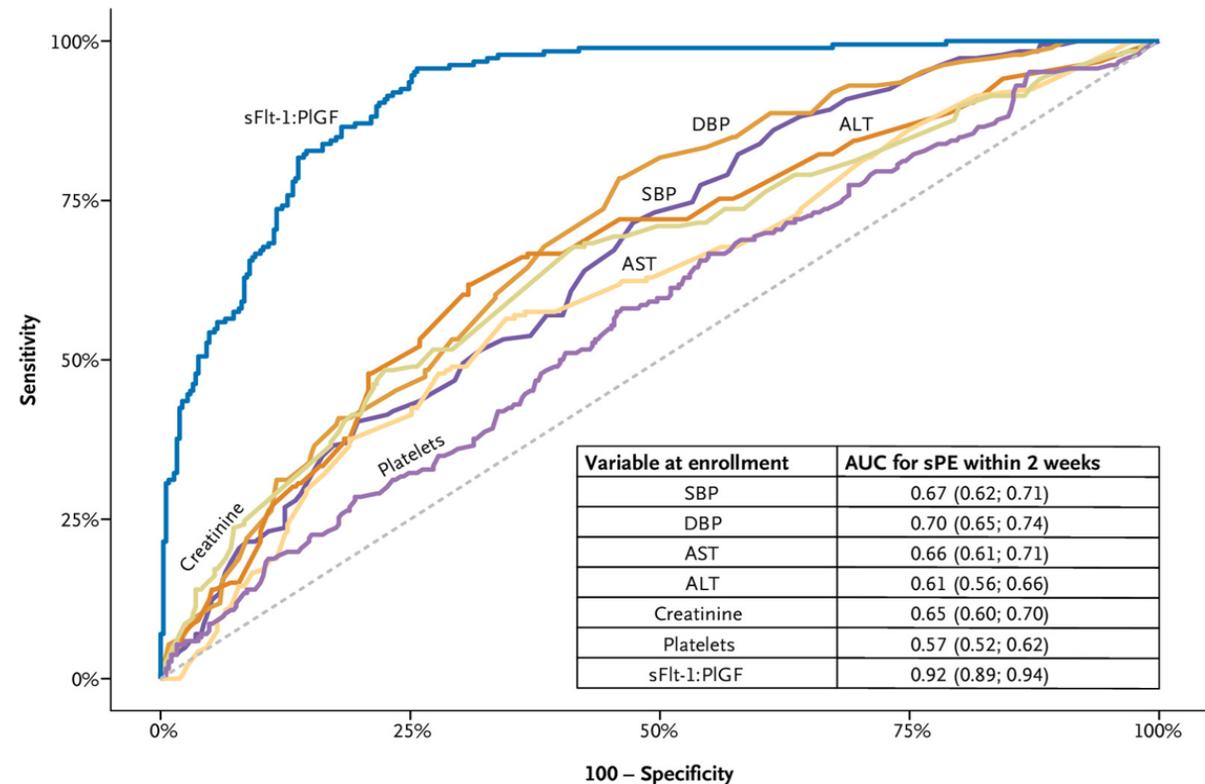
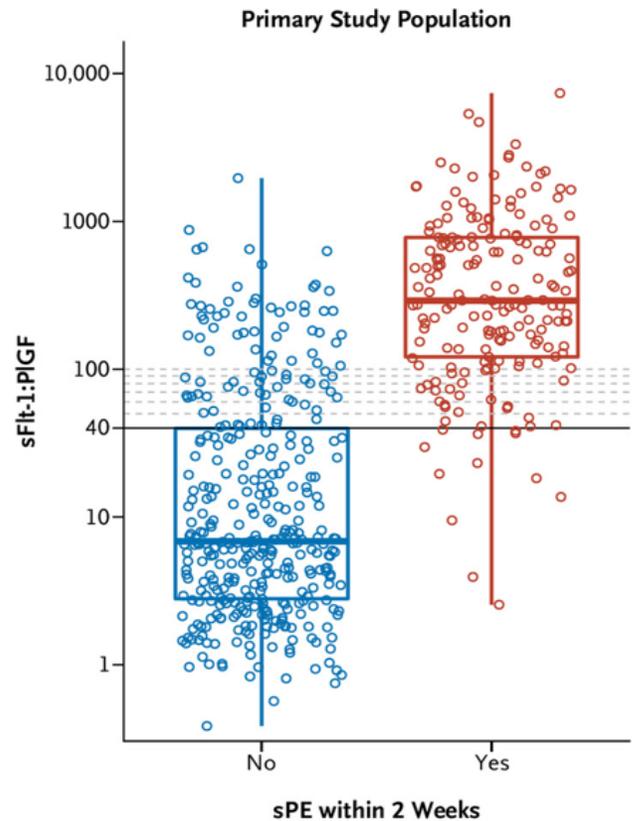
Circulating Angiogenic Factor Levels in Hypertensive Disorders of Pregnancy

- 776 women with singletons 23-35 weeks' hospitalized with hypertensive disorder of pregnancy
- Mean GA 30 weeks, 47% with cHTN, 46% LDASA use, ~25% nulliparous, ~50% White
- Objective: To predict preeclampsia with severe features within 2 weeks of lab draw, after identifying appropriate sFLT1:PIGF cutoff
 - 220 in derivation cohort, 556 in validation cohort



Novel Diagnostics for Preeclampsia

Predicting Preeclampsia



All patients: 94% sensitivity, 75% specificity, 65% PPV, NPV 96%

Patients with cHTN: 59% PPV, NPV 94%

12 false negative (2%), 93 false positives (15%)

Novel Diagnostics for Preeclampsia

Predicting Adverse Outcomes

Table 3. Adverse Outcomes Associated with sFlt-1:PIGF Ratios ≥ 40 at Enrollment.*				
Outcome	All (N=556)	sFlt-1:PIGF		Relative Risk (95% CI)
		<40 (n=289)	≥ 40 (n=267)	
Maternal adverse outcomes				
Composite maternal outcomes	51 (9.2)	8 (2.8)	43 (16.1)	5.8 (2.8–12.2)
ALT (>80 U/l) or AST (>80 U/l)	28 (5.0)	2 (0.7)	26 (9.7)	14.1 (3.4–58.7)
Lowest platelets $\leq 100,000/\mu\text{l}$	10 (1.8)	1 (0.3)	9 (3.4)	9.7 (1.2–76.4)
Highest creatinine ≥ 1.4 mg/dl	5 (0.9)	2 (0.7)	3 (1.1)	1.6 (0.3–9.6)
Abruption	17 (3.1)	5 (1.7)	12 (4.5)	2.6 (0.9–7.3)
Pulmonary edema	7 (1.3)	2 (0.7)	5 (1.9)	2.7 (0.5–13.8)
Eclamptic seizure	2 (0.4)	0	2 (0.7)	
DIC	2 (0.4)	0	2 (0.7)	
Cerebral hemorrhage/stroke	0	0	0	
Fetal/neonatal adverse outcomes				
Composite fetal outcomes	288 (51.8)	75 (26.0)	213 (79.8)	3.1 (2.5–3.8)
Indicated delivery ≤ 14 d	236 (42.4)	56 (19.4)	180 (67.4)	3.5 (2.7–4.5)
Birth weight percentile <10	102 (18.4)	23 (8.0)	79 (29.6)	3.7 (2.4–5.7)
Fetal/neonatal death	9 (1.6)	1 (0.3)	8 (3.0)	8.7 (1.1–68.8)





Novel Therapies for Preeclampsia Risk Reduction

Repurposing Old Drugs

Pravastatin

- Biologic plausibility: restores angiogenic balance
- Small studies suggest benefit
- Increasing safety data (hydrophilic)
- Large scale RCT by MFMU ongoing

Calcium

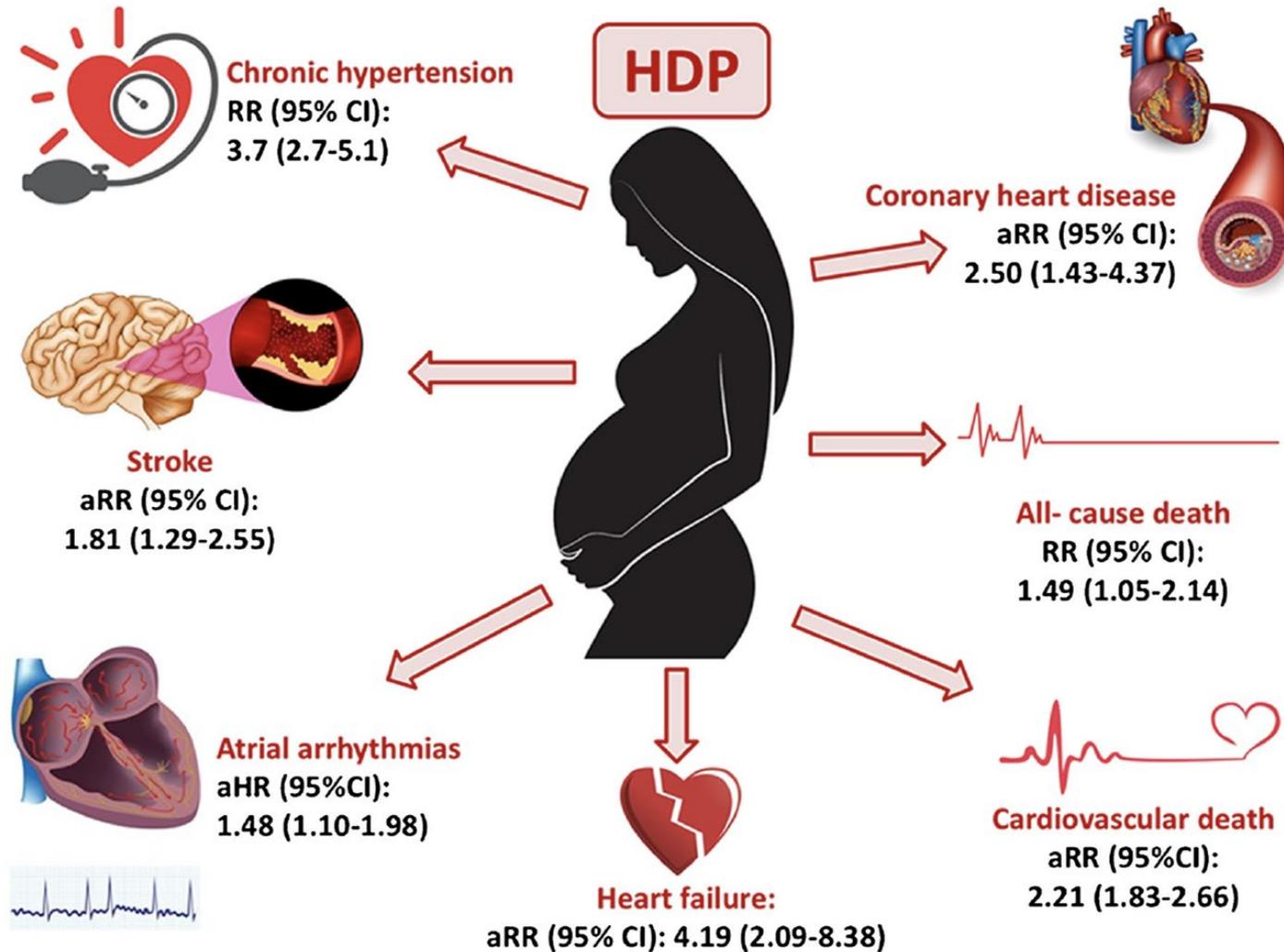
- WHO recommends 1500mg/d with low dietary calcium intake
- 500mg daily noninferior to 1500mg daily
- Meta-analyses find 50% risk reduction

Others

- Metformin: restores angiogenic balance (\downarrow sFLT1)
 - Conflicting secondary analyses
- Esomeprazole: decreased endothelial dysfunction
 - RCT in Australia
- Sildenafil: stopped due to neonatal PHTN concern
- Immunomodulators / RNA-interference



Long-term Cardiovascular Risk of Preeclampsia



What Can We Do Differently?

Better Bidirectional Information Transfer

MFM Preconception Consultation

- clearly denote risk factors for HDP → **at-risk patient**
- reach out to REI with specific concerns (the warm handoff)

REI Consultation/Early Obstetric Care

- clearly denote interventions pursued for ongoing pregnancy → **at-risk interventions**

Tradeoffs are real: Optimize transparent counselling, even when options to accomplish pregnancy and livebirth are limited



Clinical Practice

A Hypothetical Scenario

36 yo G3P0111, prior 35w vaginal birth after preeclampsia with severe features and fetal growth restriction, now with chronic HTN on low-dose labetalol, and difficulty conceiving but ovulatory

REIs, OBs, MFMs in the room, what would you do? How would you counsel this patient?



THANK YOU!!!





Mass General Brigham

Oocyte: Donor IVF vs Autologous Spontaneous Conception

Risk of Preeclampsia

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Oocyte: Donor vs Autologous

Risk of Preeclampsia

Table II Prevalence of PE and severe PE in oocyte donation, IVF and natural pregnancies.

Prevalence % (95% CI)	Subgroups	Subgroups	IVF OD	NC and non-IVF	IVF
PE	All ages	Singleton	10.7 (6.6–15.5)	2.0 (1.0–3.1)	4.1 (2.7–5.6)
		Multiple	27.8 (23.6–32.2)	7.5 (7.2–7.8)	9.7 (6.2–13.9)
	Age >40	Singleton	17.4 (13.3–22.0)	1.3 (0.2–2.9)	1.3 (0.2–2.9)
		Multiple	17.9 (13.5–23.1)	3.6 (3.5–3.7)	3.6 (3.5–3.7)
	Overall		15.7 (11.3–20.6)	3.1 (2.1–4.2)	5.3 (4.0–6.8)



Intracytoplasmic Sperm Injection

Adverse Placental Outcomes

