



Gestational surrogacy: clinical outcomes and maternal fetal risks

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Abstract

Gestational surrogacy represents a significant development in contemporary reproductive medicine, expanding the possibilities of parenthood for individuals with medical or physiological barriers to pregnancy. Nevertheless, its increasing application necessitates a critical evaluation of associated maternal and fetal risks. The present study aims to assess clinical outcomes in gestational surrogacy by analyzing available clinical data and comparative observations with conventional pregnancies. The focus is placed on maternal complications, including hypertensive disorders, endocrine alterations, and the physiological demands imposed by assisted reproductive procedures, as well as on neonatal indicators such as gestational age, birth weight, and early adaptation. The findings suggest that gestational surrogacy is generally associated with favorable clinical outcomes under conditions of appropriate medical supervision. However, a moderately increased incidence of specific complications, particularly those related to multiple gestations and assisted reproduction, has been identified. In addition, the presence of a genetically non-related embryo introduces distinct immunological and physiological dynamics, which may influence maternal adaptation throughout pregnancy. Neonatal outcomes are largely comparable to those observed in non-surrogacy pregnancies, although they remain dependent on procedural and clinical variables. In conclusion, gestational surrogacy can be regarded as an effective and relatively safe reproductive strategy, provided that comprehensive clinical monitoring is ensured. Further investigation is required to elucidate long-term maternal and offspring health outcomes and to optimize clinical protocols.

Keywords: *Gestational surrogacy, maternal-fetal interaction, pregnancy complications, assisted reproduction, neonatal outcomes, reproductive medicine*

