



GESTATIONAL DIABETES AND THE RELATED COMPLICATIONS

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Summary

Gestational diabetes is a specific form of diabetes that develops during pregnancy. It is defined as any degree of glucose intolerance with onset or first recognition during pregnancy. Gestational diabetes may cause numerous complications in both women's and child's health.

The objective of our study was to check some features of the pregnancy in the diabetic women, analyze the delivery; and document the rate of pregnancy complications in both women and neonates; as well as document prenatal morbidity.

Methods: We observed the pregnancy of 603 women during 2015-2016 near our clinic, 48 of them suffer from alternate glucose levels. Oral glucose tolerance test and HBA1C levels were utilized for the diagnosis of gestational diabetes.

Results:

A higher rate of preeclampsia was detected in diabetic 9 women (18-20%) compared to women with normal glucose levels 21 women (4-5%). But it has been evaluated that frequency of both chronic hypertension (2.5% vs. 0.3%) and pregnancy induced hypertension and pre-eclampsia (19.8% vs. 6.1%) were higher in the gestational diabetes group, but not in the borderline group when compared with the controls.

60% of the diabetic women in our study had to undergo cesarean surgery compared to 23.5% cesarean births in non-diabetic women. 57% of women suffering from diabetes gave birth to babies weighing over 4000gr compared to 18% of non-diabetic women. These large-bodied babies sometimes get injured by natural delivery through the vagina;

Conclusions

Gestational diabetes can have serious effects on both mother and fetus if not treated properly. A major part of managing gestational diabetes involves educating the patient about diet, exercise, blood glucose self-monitoring, and self-administration of insulin

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