

عنوان مقاله:

Feto-maternal Outcome in Patients with Gestational Diabetes Mellitus in Western India: A Two Years Follow up Study

محل انتشار:

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خلاصه مقاله:

Objective: Untreated gestational diabetes mellitus (GDM) may lead to increased risk of macrosomia, congenital anomalies, unexplained stillbirth, hypoglycemia and jaundice in newborns. This prospective study was conducted to evaluate feto-maternal outcome in women with GDM. Materials and Methods: Two hundred pregnant women underwent ۷۵grams glucose challenge test according to Diabetes in Pregnancy Study of India (DIPSI) criteria. All ۲۶ GDM patients were managed by medical nutrition therapy (MNT), metformin and insulin. Monitoring was done through six-point and seven-point plasma glucose profile, anomaly scan between ۱۸-۲۰ weeks, every three weeks fetal sonography after ۲۸ weeks, fetal echocardiography at ۲۵ weeks, weekly non-stress test and amniotic fluid index after ۳۲ weeks. Descriptive statistics and chi square were used to analyze data. Results: Mean (\pm SD) age of studied patients was ۲۴.۲۶ (\pm ۳.۷۵) years. Two (۷.۶%) patients with GDM developed vaginal candidiasis. Six (۲۳.۷%) patients underwent caesarean and two (۷.۶%) underwent vacuum-assisted delivery. One (۳.۸%) underwent spontaneous abortion. Neonatal outcome was affected by hyperbilirubinemia (۱۲%) in three and shoulder dystocia in one (۳.۸%) neonate. Conclusion: Timely screening of all pregnant women for glucose intolerance, achieving euglycemia in them and ensuring adequate nutrition can reduce adverse feto-maternal outcomes and promote healthy families. The successful maternal, perinatal and neonatal outcome rests on both the obstetrician's intrepidity and patients' awareness of her condition, its implications, management and long term prospects.

کلمات کلیدی:

Gestational diabetes mellitus, Pregnancy complication, Glucose tolerance tests

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