

Research Capacity Building for Maternal and Child Health

Gestational diabetes mellitus: risks and management during and after pregnancy

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Abstract

Gestational diabetes mellitus (GDM) carries a small but potentially important risk of adverse perinatal outcomes and a long-term risk of obesity and glucose intolerance in offspring. Mothers with GDM have an excess of hypertensive disorders during pregnancy and a high risk of developing diabetes mellitus thereafter. Diagnosing and treating GDM can reduce perinatal complications, but only a small fraction of pregnancies benefit. Nutritional management is the cornerstone of treatment; insulin, glyburide and metformin can be used to intensify treatment. Fetal measurements complement maternal glucose monitoring in the identification of pregnancies that require such intensification. Glucose testing shortly after delivery can stratify the short-term diabetes risk in mothers. Thereafter, annual glucose and HbA(1c) testing can detect deteriorating glycaemic control, a harbinger of future diabetes mellitus, usually type 2 diabetes mellitus. Interventions that mitigate obesity or its metabolic effects are most potent in preventing or delaying diabetes mellitus. Lifestyle modification is the

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primary approach; use of medications for diabetes prevention after GDM remains controversial. Family planning enables optimization of health in subsequent pregnancies. Breastfeeding may reduce obesity in children and is recommended. Families should be encouraged to help children adopt lifestyles that reduce the risk of obesity.

Figures

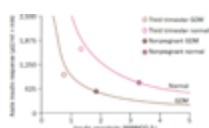


Figure 1 β -cell compensation for insulin resistance...



Figure 2 Suggested management of women with...

RESEARCH CAPSULE PROPOSAL	
Research Title:	
Research Question (PECO* ¹ format, whenever possible):	Study design:
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¹ Population, Exposure, Comparison/Comparator, Outcome

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Introduction / Significance of the proposal:

Summary of literature:

Study objectives:

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Summary of Methodology (Describe the population, exposures and outcomes. Diagrams preferred)

Ethical considerations

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Bibliography: