

## Risk factors in gestational diabetes mellitus

Laily Najafi

Endocrine Research Center, Institute of Endocrinology and Metabolism, Iran University of Medical Sciences (IUMS), Tehran, Iran

### Abstract

#### Aim:

To assess the power of risk factors to diagnose gestational diabetes mellitus.

#### Methods:

In this prospective study, approximately 500 women recruited in two departments that 130 parturients with complete documents recruited in both groups (normal pregnancy and GDM). Gestational diabetes was confirmed at 24-28 weeks of gestation by one-step strategy.

#### Results:

Preexistence of risk factors; were more common in GDM group (94.4%; P-value = 0.001) due to ADA criteria. Diagnosis gestational age of the GDM group who have 1 risk factor (169) 1. were as follows: 18 (14.6%) patients diagnosed in 24-28 weeks of gestation, 32 (26%) after 28 and the others (59.3%) before 24 weeks of gestation. In comparison between two groups, GDM 2. have higher frequency of 2 risk factors and more; than the normal group (72% vs. 46%, p-value <0.001) (risk factors categorization: 0 or 1 instead of 2 risk factors and more). By determining final diagnosis as a dependent variable between maternal age, Pre-BMI, parity, abortion, family history of DM, 3. history of GDM and education; we had found significant relationship between diagnosis and maternal age, education, family history of DM and history of GDM.

#### Conclusions:

We could suggest that the diagnosis gestational age of the GDM before 24 weeks of gestation may could reduce the maternal and fetal complications. Between the risk factors; maternal age, family history of DM and history of GDM were the more important to guide the GDM diagnosis.

#### Keywords:

Risk Factors, Gestational Diabetes Mellitus



#### Biography:

Dr. Laily Najafi has been Graduated from Shiraz university of medical sciences as Medical Doctor, with the specialties including PhD by research in clinical diabetes in Iran university of medical sciences. Later on she obtained her post-graduation from Iran university of medical sciences with subjects "types of diabetes" and then started working at Endocrine Research Center, Institute of Endocrinology and Metabolism, where she has continued her research. Presently she has been working at the mentioned center in Tehran, Iran.

#### Speaker Publications:

1. American Diabetes Association. 2. Classification and diagnosis of diabetes. Diabetes care. 2015;38(Supplement 1):S8-S16.
2. Metzger BE, Buchanan TA, Coustan DR, De Leiva A, Dungan DB, Hadden DR, et al. Summary and recommendations of the fifth international workshop-conference on gestational diabetes mellitus. Diabetes care. 2007;30(Supplement 2):S251-S60.
3. Center Joslin Diabetes. Guideline for Detection and Management of Diabetes in Pregnancy. Revised 6/15/11. Retrieved from [https://www.joslin.org/Preg\\_guideline\\_5\\_10\\_11\\_\(2\)-0615-11.pdf](https://www.joslin.org/Preg_guideline_5_10_11_(2)-0615-11.pdf), 2011.
- 4.

#### Bottom Note:

This abstract has been taken from the International Webinar on Endocrinology & Diabetology held as an online webinar on July 27, 2020

