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Prevalance of gestational diabetes in rural Andhra Pradesh

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ABSTRACT

Background: Prevalence of Diabetes Mellitus (DM) is increasing globally specially in Asian countries and more so in India. Indian women also have high prevalence of Diabetes and a relative risk of developing Gestational Diabetes Mellitus (GDM) 11 times more compared to white women. Prevalance of type 2 DM is steeply increasing in youth. Prevalence of GDM corresponds to the prevalence of Impaired Glucose Tolerance (IGT) in a given population. Women with GDM are on ideal group for the primary prevention of type 2 DM in them and in their children. So, primary prevention of type 2 DM is more important as this effort is likely to halt the epidemic of metabolic diseases to some extent.

Objective: To evaluate the prevalence of GDM in the rural population of Andhra Pradesh, by screening all the pregnant women attending the Antenatal clinic at Bhaskara General Hospital, Yenkapalli village, RR district.

Methods: A total of 350 cases who are attending the antenatal clinic, were divided into high risk or low risk group (by taking the family history of diabetes & estimating the body mass index). Antenatal women coming to the OP for the first time were registered and given 75 gm of glucose irrespective of their prandial state and blood was drawn 2 hours after the ingestion for blood glucose estimation. And as per DIPSI guidelines they were divided into three categories.

Results: A total of 350 pregnant women were recruited, whose age range form 18 to 30 years with a mean age of 26 years. As per Asia Pacific Classification none were Underweight 30 had normal BMI, 48 over weight and 22 were Obese.

As per Diabetes in Pregnancy Study Group in India (DIPSI) and with 75 gm OGTT in pregnant women, it was found that 3% were in GDM group and 4.5% in Decreased Gestational Glucose Tolerance (GGIT) group in this study.

Conclusion: The early diagnosis of diabetes in pregnancy is very important for planning and outcome of pregnancy. Careful assessment and effective glycemic control can improve the maternal and fetal out come, and subsequent development of diabetes, obesity and vascular complication.

Raghuramulu P, Uma, Kavitha, LaxmiRajyam, Srinivas, Sandeep Raman P. Prevalance of gestational diabetes in rural Andhra Pradesh. J Clin Sci Res 2013;2(Suppl 1):S5.