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Glycaemic variability and its relation to the risk factors of Gestational Diabetes Mellitus

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Background: The adverse impact of gestational diabetes mellitus (GDM) is not only for pregnant woman but for the future offspring, too. The consequences of GDM are glucose intolerance, obesity, cardiovascular and even neurodevelopmental and psychiatric morbidity in offspring. The aim of this study was to evaluate the risk factors of gestational diabetes mellitus in relation to the parameters of glycaemic variability (GV).

Methods: We obtained demographic, biometric and biochemical parameters of pregnant women (after signing an informed consent, after an initial screening by the oral glucose tolerance test) who underwent 168 hours of continuous glucose monitoring (iPro®2 Professional CGM).

Results: Interestingly, we found that a family history of diabetes, pre-pregnancy BMI, higher weight gain and age in pregnancy correlated positively with glycaemic variability (GV).

Conclusions: Women with risk factors of GDM challenged with increased GV. That knowledge helps us to determine and treat the risky pregnancies with greater awareness.

Speaker Biography

Martina Gáborová is a postdoctoral researcher and lecturer on the department of medical physiology faculty of medicine at Pavol Jozef Šafárik University in Košice, Slovakia. She graduated as medicinal doctor at the Jessenius, faculty of medicine in Martin, Comenius University in Bratislava, Slovakia in 2015. During her studies she finished 2 student scientific works. She co-organised a scientific physiology conference in 2017. In 2020 she successfully defended my PhD work with the topic: variability of glycaemia in gestational diabetes mellitus in relationship with a sleep related breathing disorders. She participated in writing and presenting several abstracts, articles, reviews, and scientific projects. She presented original scientific results in Slovakia and abroad, too. She was awarded by Bohringer Ingelheim price and Slovak Diabetes Society in 2021 for published article. Her research interests are in the fields of diabetes mellitus especially gestational diabetes, sleep medicine and variability of blood pressure.

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