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Risk factors in gestational diabetes mellitus

Laily Najafi¹, Mojtaba Malek¹, Mohammad E Khamseh¹ and Azadeh Abedini²¹Iran university of medical sciences, Iran²Alborz University of medical sciences, Iran

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) 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 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, 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.

Biography

Laily Najafi is a pursuing PhD on clinical diabetes at Iran University of medical sciences. She has completed the general physician at the age of 26 years from Shiraz University of medical sciences. She has published more than 20 papers in reputed journals.

lailynajafi@yahoo.com