

RISK FACTORS FOR GESTATIONAL DIABETES IN MULTI-ETHNIC PREGNANT WOMEN IN QATAR

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INTRODUCTION

- ✓ Gestational diabetes (GDM) is known to have a negative impact on the pregnancy outcome.
- ✓ In the last decade, its prevalence has increased nearly three times.
- ✓ In recent studies the prevalence is noted as 8.9 to 53.4%.
- ✓ Identifying risk factors may aid in early diagnosis and prompt glycemic control.

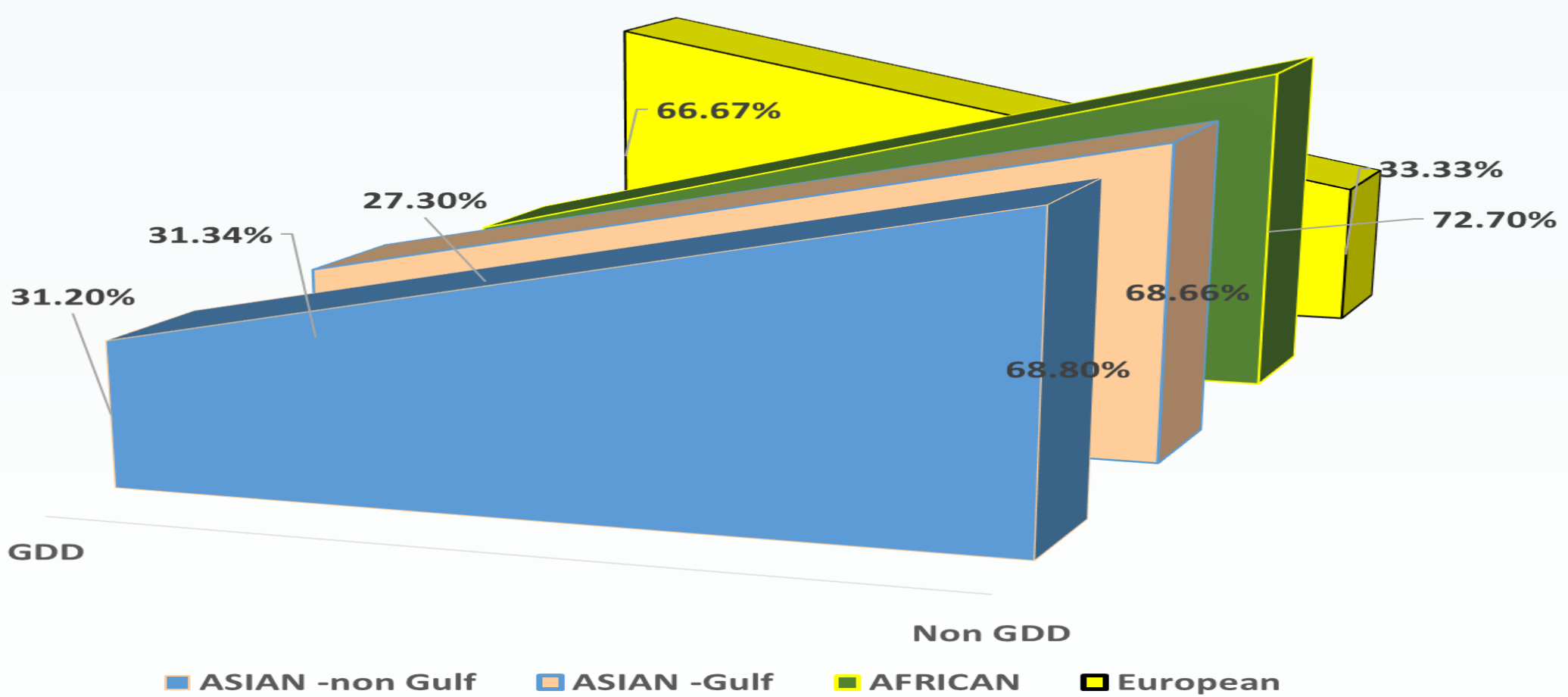
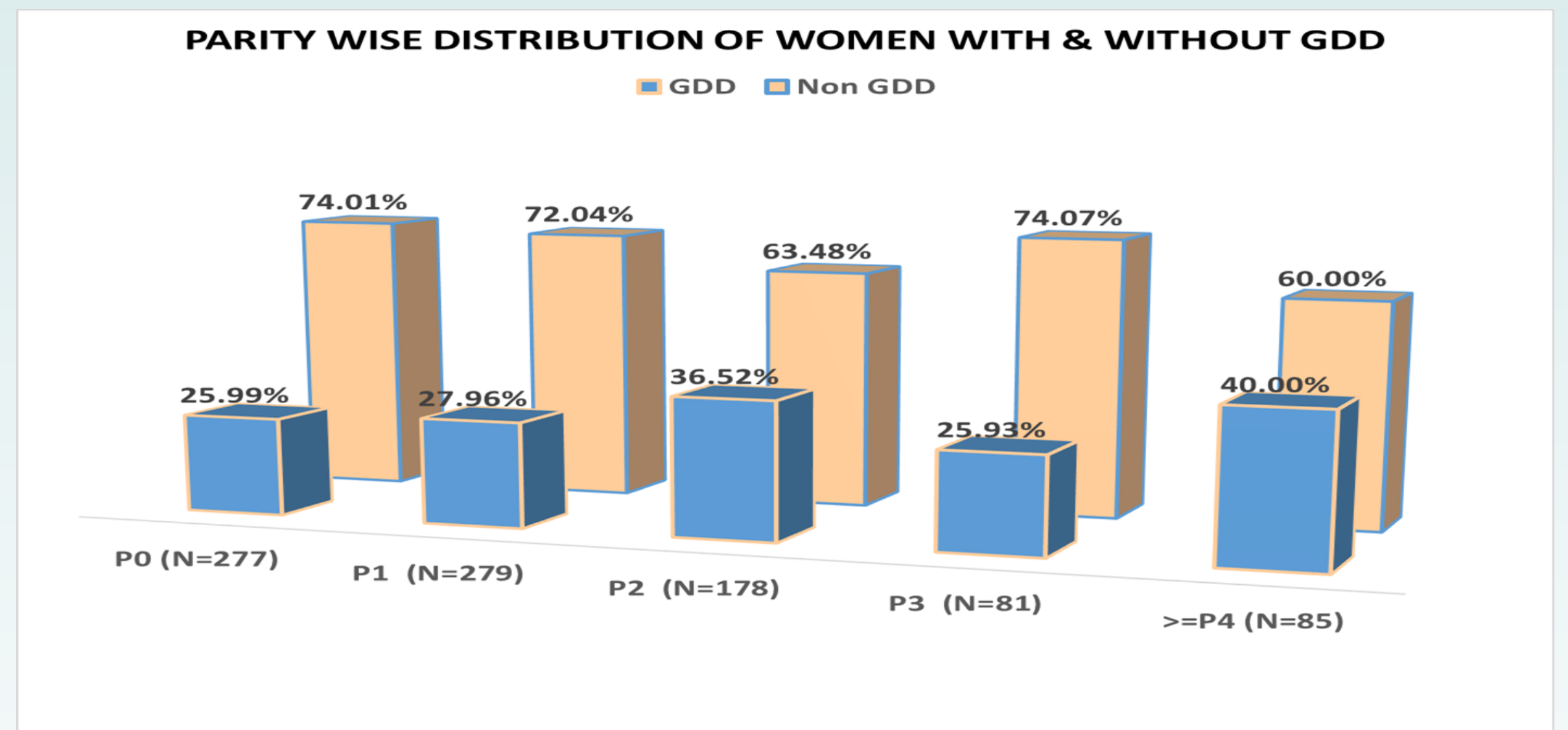
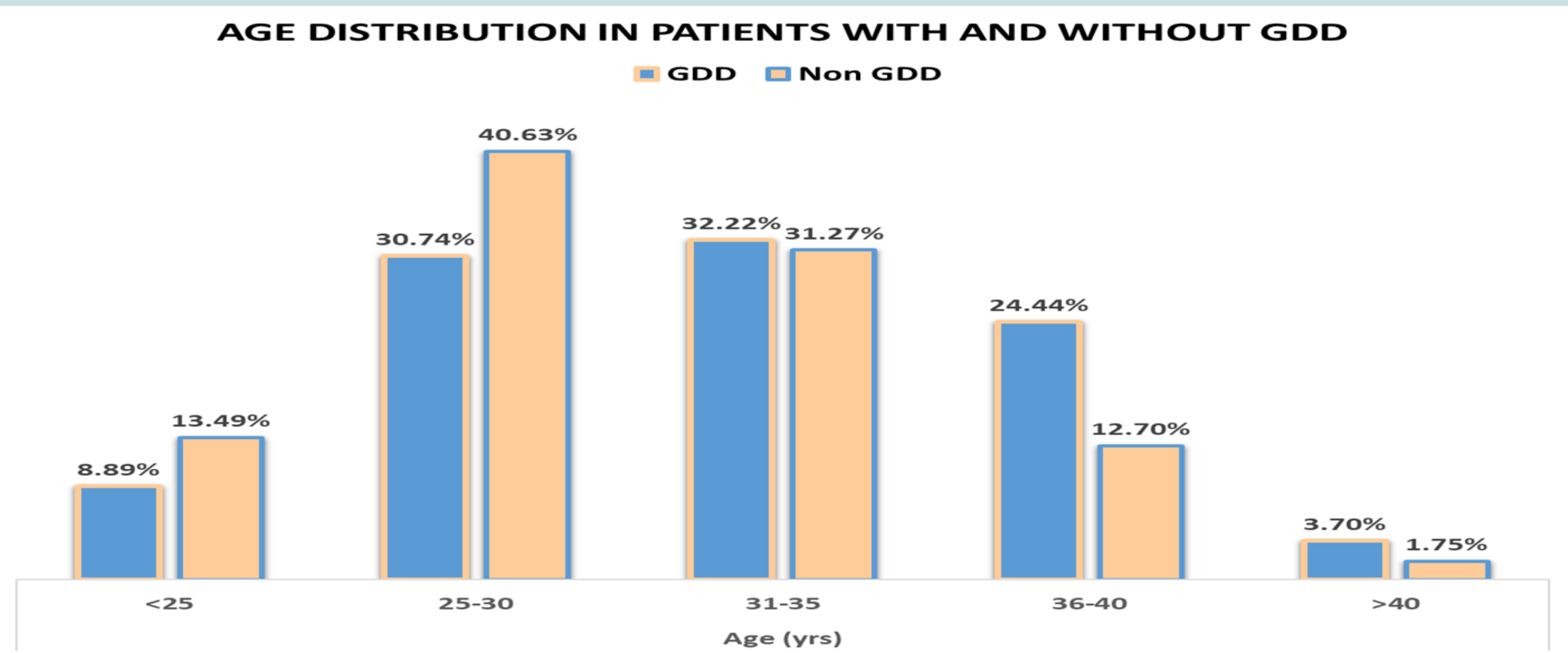
AIM

To assess the risk factors for gestational diabetes

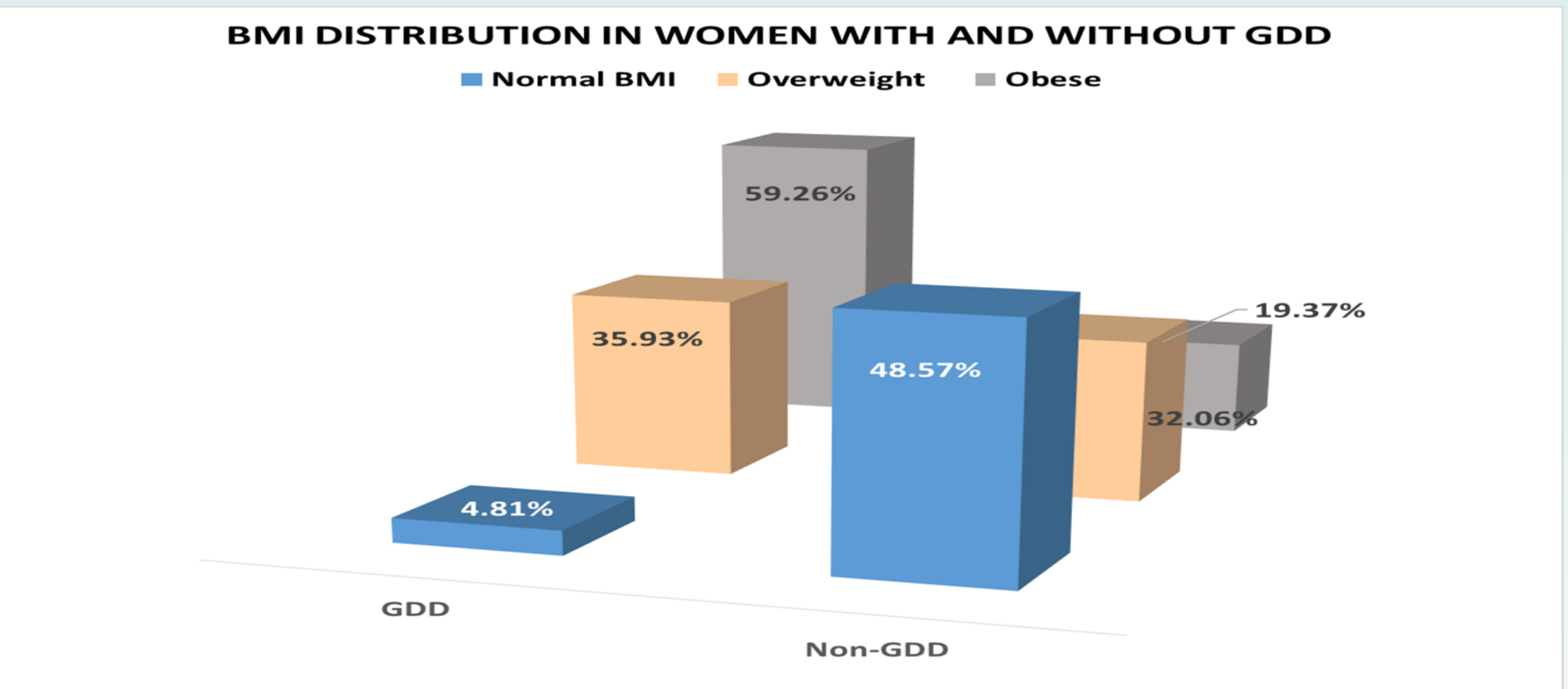
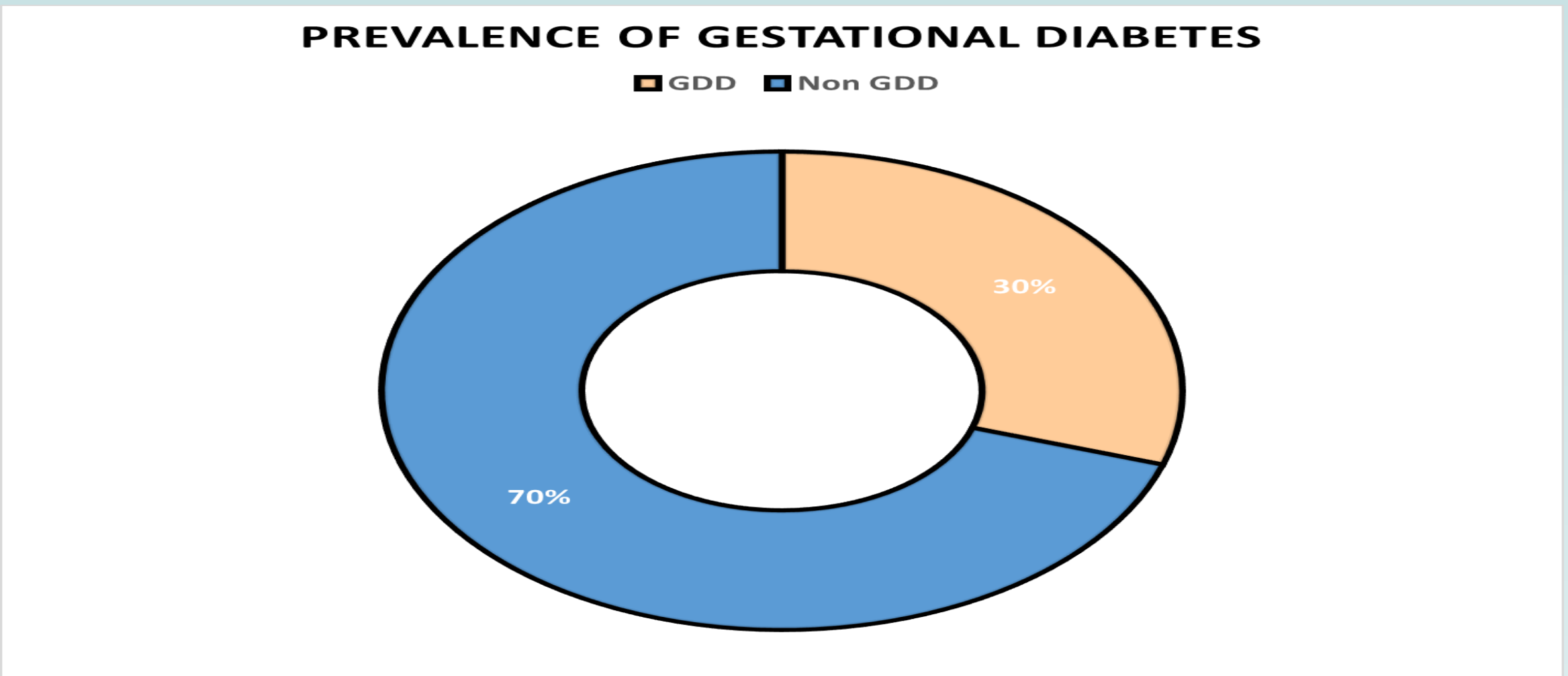
METHODOLOGY

- ✓ Case control study.
- ✓ A total of 1000 women were included in the study after excluding those with type 1&2 and overt diabetes.
- ✓ Risk factors like age, ethnicity, parity, family history of diabetes and previous history of miscarriage were evaluated.
- ✓ Risk factors in pregnant women with GDM were compared with those who had normal OGTT.
- ✓ OR was calculated using multiple logistic regression to assess possible risk factors for GDM.

RESULTS



RESULTS



- ✓ 270 of 900 women (30%) had abnormal OGTT.

- The study demonstrated that the risk factors of GDM were
- ✓ Maternal age >35 years (OR-2.25,95% CI-1,20-4.20, P<0.05)
- ✓ Asian ethnicity other than middle east (OR-1.52,95% CI-1.03-2.30, P<0.05)
- ✓ Family history of diabetes (OR-4.79,95% CI-2.67-8.51, P<0.05)
- ✓ Previous miscarriage >=2 (OR-1.71,95% CI-1.01-2.9, P<0.05)
- ✓ Maternal obesity with body mass index >=30 kg/m2(OR-3.35,95% CI-2.31-4.84, P<0.001).

CONCLUSION

- Risk factors for GDM were
- ✓ Advanced maternal age
 - ✓ Asian ethnicity,
 - ✓ Maternal obesity,
 - ✓ Family history of diabetes,
 - ✓ More than two previous miscarriages

Early pregnancy booking with antenatal fetal surveillance should be considered in these women.

REFERENCES

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2. Bao W, Bowers K, Tobias DK, Hu FB, Zhang C (2013) Prepregnancy dietary protein intake, major dietary protein sources, and the risk of gestational diabetes mellitus: a prospective cohort study. *Diabetes Care* 36:2001–2008

