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<b>Title</b>	Preventive strategy for rising diabetic trend - Universal screening for GDM in India
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<b>Category</b>	Diabetes (Pediatric Adult or Gestational)
<b>Abstract</b>	<p><b>Objective</b> The most common medical problem complicating pregnancy is Gestational diabetes (GDM). With rising incidence globally, India is no exception with published prevalence of 16%<sup>1</sup>. Lack of uniform diagnostic criteria has led to under treatment of GDM<sup>2</sup>. Diagnosis of GDM helps in preventing perinatal morbidity and improving long term outcome. We assessed our screening methods and outcome of women with GDM for a period of four years from January 2010.</p> <p><b>Methods</b> This retrospective study was conducted in a 200 bedded multispecialty hospital providing 24 hour obstetric service with facilities for a joint Diabetic clinic and a tertiary level neonatal unit. WHO criteria was used for universal screening of 1105 expectant mothers booked from January 2010 to December 2013. Screening was one step at 24 weeks for the first two years and at all trimesters for the subsequent two years. Women diagnosed with GDM were advised on diet, exercise, yoga and insulin only if above failed. Induction of labour (IOL) was planned around 38-39 weeks.</p> <p><b>Results</b> A diagnosis of GDM was made in 220 women with a prevalence of 20%. The pickup rate for the first and second trimester was 36% and 37% respectively. With implementation of third trimester screening additional 24% were diagnosed. Only 17% required insulin. Maternal booking weight was more than 70kg in 45% of these women. IOL was planned in 55%. Of those who laboured, 92.5% delivered vaginally with a primary CS rate of 7.6%. Only 1.5% of babies weighed &gt;4kg and 88% of babies were &lt;3.5kg.</p> <p><b>Conclusion</b> Women with GDM and their off springs have an increased risk of developing type 2 diabetes. Life style modifications in these women have a positive impact on pregnancy outcome and reduce risk of diabetes. Hence the study emphasizes the need for universal screening of GDM in all trimesters as a preventive strategy for halting the rising trend of diabetes.</p> <p><b>References</b> 1. Seshia V, Balaji V et al. Prevalence of Gestational Diabetes Mellitus in South India (Tamil Nadu) – A Community Based Study. J of Ass of Physicians of India 2008; 56:329-334. 2. Karagiannis T, Bekiaria et al Gestational diabetes mellitus: why screen and how to diagnose. Hippokratia 2010; 14(3):151 – 154.</p>
<b>Conflicts</b>	None
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<b>Decision of Scientific committee</b>	

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<b>State if accepted for oral</b>	