

## The multifaceted aspects of diabetes in pregnancy: prevalence, complications, and management strategies

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Diabetes in pregnancy, commonly referred to as gestational diabetes mellitus (GDM) or pre-existing diabetes, poses significant risks to maternal and foetal health. This abstract explores the multifaceted aspects of diabetes during pregnancy, emphasizing its prevalence, complications, and management strategies. The global rise in diabetes incidence has parallely increased the occurrence of diabetes in pregnancy, with estimates suggesting that a substantial proportion of pregnant women experience some form of glucose intolerance.

Maternal complications associated with diabetes in pregnancy include an elevated risk of preeclampsia, caesarean section, and the development of type 2 diabetes postpartum. Foetal complications range from macrosomia and birth injuries to neonatal hypoglycaemia. Furthermore, the long-term health

implications for offspring extend into childhood and adulthood, predisposing them to metabolic disorders.

Early detection through glucose screening and timely intervention play pivotal roles in managing diabetes in pregnancy. Lifestyle modifications, nutritional counselling, and insulin therapy are integral components of the comprehensive care approach. The collaboration between obstetricians, endocrinologists, and dietitians is essential to optimize maternal glycaemic control and minimize adverse outcomes for both mother and child.

In conclusion, diabetes in pregnancy is a complex health issue with far-reaching consequences. A holistic approach encompassing early screening, vigilant monitoring, and collaborative management strategies is crucial to mitigate the associated risks and improve overall maternal-foetal outcomes.