

Gestational Diabetes, Experience of the Clinic for Gynecology in Skopje in the period 2013-2015

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Introduction

The term gestational diabetes is a condition of impaired glucose metabolism and insulin action specific to pregnancy. It occurs between 24 and 28 weeks in healthy women especially those who normally do not suffer from diabetes.

About 7% of pregnant women worldwide are diagnosed with gestational diabetes and each year this number is increasing which is one of the most common health problems in pregnancy. Hyperglycemia causes increased growth of the child fetal cells resulting in macrosomia (growth of a baby) and pregnancy complications during the childbirth. Elevated blood levels do not give any symptoms, so it is extremely important to perform regular gynecological examinations during pregnancy which include measuring the level of glucose in the blood and urine. One should be emphasized that gestational diabetes occurs only during pregnancy and disappears after it. However, there is a risk for those women of diabetes type second later.

Goals

The aim of our work was analyze the data obtained from the Clinic for Gynecology in Skopje in the period from 2013 to 2015 and to compare with the data provided by WHO.

Materials and methods

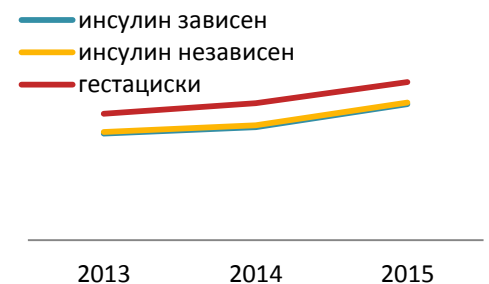
The data of pregnant women, aged from 18 to 48 years with a body mass index (BMI - body mass index) $\geq 25 \text{ kg / m}^2$ and one or more additional risk factors for diabetes according to the criteria of the American Diabetes Association were analyzed. The results obtained are in the correspondence to data published by the WHO.

Results

Table 1. Table of the total number delivered with the appropriate level of glucose disorder

Година	Вкупно бремени	Инсулин независен тип 2	Инсулин зависен	Гестациски
2013	5506	7	20	87
2014	5536	8	12	105
2015	5644	8	18	98

Figure 1. Schematic representation of the total number of pregnant women with the appropriate level of glucose disorder



Conclusions

Gestational diabetes occurs in women who have insulin resistance and a relative impairment of insulin secretion. These women have a significant risk of developing diabetes later in life. It is important to identify this group of women for preventing perinatal morbidity, as well as for improving long-term outcomes for the mother and her children.