Gestational Diabetes Mellitus



Global Centre for Asian Women's Health Yong Loo Lin School of Medicine

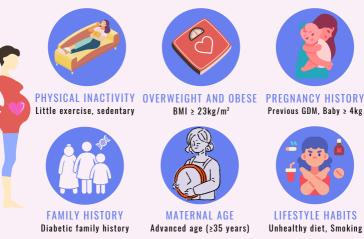
What is GDM?

GDM is a high blood sugar condition occurring during pregnancy (commonly 2nd/3rd trimester), among women without history of chronic diabetes.

In Singapore, 20-25% of pregnant women are affected.

GDM affects 1 in 4 pregnant women

Risk Factors





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How does GDM affect me and my baby?



POSSIBLE **SHORT-TERM** COMPLICATIONS

- Premature birth
- Pre-eclampsia
- Polyhydramnios
- Operative delivery
- Shoulder dystocia
- Macrosomia
- Neonatal hypoglycemia
- Jaundice



POSSIBLE LONG-TERM CONSEQUENCES

For Mother:

- Type 2 Diabetes
- Metabolic syndrome
- Cardiovascular disease
- Kidney disease
- Liver disease

For Child:

- Obesity
- Metabolic
 Syndrome
- Prediabetes
- Type 2 diabetes
- Cardiovascular disease

What should I do?



HEALTHY EATING

E.g. Mediterranean diet, healthy plant-based diet



PHYSICAL ACTIVITY

Moderate exercise



ROUTINE SCREENING

Consult your doctor Oral Glucose Tolerance Test Self-monitor blood sugar



WEIGHT CONTROL Self-maintain

healthy weight



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Sources

- https://www.nhs.uk/conditions/gestational-diabetes/
- McIntyre, H.D., Catalano, P., Zhang, C. et al. Gestational diabetes mellitus. Nature Reviews Disease Primers (2019).
- https://www.nuh.com.sg/our-services/Specialties/Obstetrics-Gynaecology/Documents/Gestational%20Diabetes%20%28GDM%29.pdf