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## SPATIAL ANALYSIS OF GESTATIONAL DIABETES MELLITUS IN MYSURU

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### Background:

Gestational Diabetes Mellitus (GDM) is a common complication of pregnancy, characterized by hyperglycemia that is first diagnosed during pregnancy. It is a leading cause of perinatal morbidity and mortality. The prevalence of GDM varies worldwide, ranging from 1% to 18%. In India, the prevalence is estimated to be around 10-15%. The pathogenesis of GDM is multifactorial, involving genetic, hormonal, and environmental factors. The condition is associated with an increased risk of macrosomia, cesarean delivery, and neonatal hypoglycemia. Early identification and management of GDM are crucial for improving pregnancy outcomes.

### Objectives:

1. To determine the prevalence of GDM in Mysuru.
2. To identify the risk factors for GDM in Mysuru.
3. To compare the prevalence of GDM in Mysuru with other studies.

### Methods:

A cross-sectional study was conducted in Mysuru from 2017 to 2018. A total of 2432 pregnant women were screened for GDM using a 75g oral glucose tolerance test (OGTT) at 24-28 weeks of gestation. The prevalence of GDM was determined based on the WHO criteria. The risk factors for GDM were identified through a detailed history and physical examination. The prevalence of GDM in Mysuru was compared with other studies.

### Results & Conclusion:

The prevalence of GDM in Mysuru was 13.0% (11.0% in the first trimester and 15.0% in the second trimester). The risk factors for GDM were identified as follows: 13.0% (11.0%) in the first trimester and 15.0% (13.0%) in the second trimester. The prevalence of GDM in Mysuru was significantly higher than other studies.

### Biography

Dr Abhishek Kumar Sinha, graduated from JSS Medical College, Mysuru Under Rajiv Gandhi University of Health Sciences, Bengaluru, Karnataka India in year 2009. At present, he is doing my post graduation (M.D) from JSS University, Mysuru, Karnataka, India and working in the capacity of final year post graduate cum tutor. He is also secretary of All India Federation of Government Doctors Association, New Delhi, India. He has been associated with government of Bihar, India, as medical officer from the year 2010 to 2015. He is qualified in emergency management of obstetrics care backed by fellowship in intensive care medicine from Hyderabad, Telangana, India. He has worked as General Secretary of Contract Doctor's Association, Bihar, India from 2011 to 2015. He is life member of Indian Medical Association, Indian Epilepsy Association, Indian Association of Preventive and Social Medicine (IAPSM) and also Indian Public Health Association. He is also member of International Epidemiological Association.

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