

Conclave and Consensus of 11th Diabetes and Pregnancy Study Group India Conference at Delhi on 21st and 22nd Feb 2016

Organising committee DIPSI

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DIAGNOSIS

Ministry of Health, Govt. of India has recommended “a single step procedure” to diagnose gestational diabetes mellitus (GDM) which has to be applauded.

Methodology: Test for diagnosis

Single step testing using 75 g oral glucose & measuring plasma glucose 2 hour after ingestion.

75 g glucose is to be given orally after dissolving in approximately 300 ml water whether the PW (Pregnant Woman) comes in fasting or non-fasting state, irrespective of the last meal. The intake of the solution has to be completed within 5 min.

A plasma standardised glucometer should be used to evaluate blood glucose 2 hours after the oral glucose load.



If vomiting occurs within 30 min of oral glucose intake, the test has to be repeated the next day, if vomiting occurs after 30 minutes, the test continues.

The threshold plasma glucose level of ≥ 140 mg/dL (more than or equal to 140) is

taken as cut off for diagnosis of GDM.

MANAGEMENT

At present, only insulin is recommended as a drug of choice to treat hyper glycaemia in pregnancy. Metformin can be considered and continued to be used when women conceive with PCOS

PUBLIC AWARENESS

Women diagnosed to have GDM are at increased risk of developing diabetes in the future, as are their children. Thus two generations are at risk- “transgeneration transmission occurs”. GDM offers an important opportunity for the development, testing and implementation of clinical strategies for diabetes prevention. Primordial preventive measures against type 2 diabetes mellitus (T2DM) should start during intra uterine period and continue throughout life from early childhood. For this, public awareness is essential. To this end, the conference declared March 10 every year as a national GDM day. Honourable Minister Prof. Dr. Jitendar Singh also endorsed this during the inaugural function.

Focussing on the “mother’s health is the foundation of future national health”.