

## Incidence of gestational diabetes mellitus in Babol (North of Iran) (2002-03)

### Abstract

**Background&Objective:** Due to side-effects of diabetes mellitus in pregnancy, the rapid diagnosis and its treatment is very important. The aim of this study is to determine gestational diabetes mellitus (GDM) incidence in pregnant women.

**Materials&Methods:** This survey is an analytic cross sectional study that evaluated 401 pregnant women in Babol Obstetrics Clinic. A Glucose Challenge Test (GCT) was done for all of the high risk women for diabetes in the first trimester and for other pregnant women in 24-28 gestational weeks. If GCT was positive (Blood sugar >135 mg/dl one hour after oral administration of 50gr Glucose), then a Glucose Tolerance Test (GTT) was done. For women with a positive GTT, the diagnosis was GDM.

**Results:** In 401 pregnant women with a mean age of  $24.69 \pm 5.31$  four patients had overt diabetes (1%). In another 397 women, a GCT was done and 44 women (11% of all patients) had a positive GCT and 19 patients (4.7% of all patients) had GDM of those with GDM 26.3% need insulin therapy in addition to a diabetic diet. We noted there was also a positive relation between age and impaired GCT ( $P < 0.05$ ).

**Conclusion:** GCT is recommended as screening test in 24-28 gestational weeks for all pregnant women.

**Key Words:** gestational diabetes - Glucose Challenge Test – Glucose Tolerance Test -Screening

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