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# **LIFESTYLE MODIFICATION AS POSSIBLE PREVENTION OF GESTATIONAL DIABETES**

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# Background

- Gestational Diabetes Mellitus (GDM) is a form of diabetes that usually occurs between 24<sup>th</sup> and 28<sup>th</sup> weeks of pregnancy.
- Studies have shown that the prevalence of gestational diabetes has been increased over the last two decades.

## Aim of the study

The purpose of this systematic review was to examine the effect of lifestyle modifications before and during pregnancy for the prevention of developing GDM.

# Method

- Systematic review including 12 research studies, published between 2010 and 2020 identified from Pubmed database.
- Key-words : gestational diabetes, lifestyle modification, prevention and risk factors.

42 article came out from the search

12 articles were rejected because the title was irrelevant to the study

30 articles were selected for further evaluation

18 articles were rejected after reading the abstract and the full text

12 articles were used for this study

# Results

- ❖ Studies have shown :
- ❖ A number of dietary factors was associated with the risk of glucose intolerance during pregnancy. Obesity seems to increase the incidence of GDM with acute and long term complications in both mother and offspring. Altogether, health dietary habits and counselling are strongly related to preventing GDM.
- ❖ It is evident that physical activity can influence glucose homeostasis. Exercise is related with low risk of GDM. Nonetheless, glucose homeostasis seems to increase when intensity and duration of activity are longer.
- ❖ The impact of preconceptional physical activity has shown low risk of GDM either in an ethnically or socio-economically diverse population.

# Conclusions

This systematic review has demonstrated :

- ✓ the importance and effectiveness of lifestyle modifications in decreasing the chance of developing GDM.
- ✓ Nurses should encourage women for lifestyle modification even before conception.