INTRODUCTION

Global age-adjusted prevalence for GDM has been shown to increase over the time with decrease in physical activities, increase in BMI and other associated risk factors; however, variation in this prevalence is seen in different ethnic groups. Among the Asian and Filipina women the prevalence of GDM is 9.9 and 8.5%, respectively in normal weighted women. Whilst among Hispanic, non-Hispanic white and African American women the prevalence of GDM has been observed as >8.0% at higher BMI. The probability of prevention of gestational diabetes, considering all women to be normal weighted (BMI <25.0 kg/m2) ranges from 65 % for African American women to merely 23% among Asian women. One study indicated an increase of 29.3% in age-standardized incidence of GDM and of 7.3% in crude GDM over a decade.

Only few studies have been published in Pakistan to see the incidence of gestational diabetes mellitus. Two recent studies, conducted in Bahawalpur and Lahore have shown the incidence of GDM in their respective settings. One study, conducted in Lahore, constituted 135 subjects among whom only one had GDM, which means the incidence of GDM was observed to be <1%, whereas in other study, incidence of GDM among 124 studied women was 14.51% while GDM was seen in 6.45% among non-obese women and 22.58% in obese women.

Hence a huge controversy is available in scarce data from Pakistan, which urges for further researches that could establish reliable and consistent epidemiological figures. This is imperative for avoiding adverse complications for both baby and mother. Thus we aim to conduct a study with rationale of establishing the prevalence of gestational diabetes mellitus and ascertaining...
THE FREQUENCY OF GESTATIONAL DIABETES MELLITUS AND ASSOCIATED RISK FACTORS AT KTH

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the risk factors associated with this problem.

METHODOLOGY

The cross sectional study was done at department of Gynecology Khyber Teaching Hospital Peshawar from august 2013-january 2014. All pregnant female coming for their routine checkup between 24 to 28 weeks were included in our study. Informed consent was obtained from each patient .Subjects with history of abnormal glucose tolerance and known diabetes mellitus were excluded were excluded.

After fulfilling the selection criteria a sample of 190 were taken by using expected prevalence of gestational diabetes = 14.51%, confidence level 95% and 5% absolute precision level using following WHO formula 

\[ n = z^2 \times (1-\alpha) \times p \times (1-p) / d^2 \]

Demographic profile (name, age, contact no.) was taken. History of related risk factors Physical Examination and investigation included obstetric ultrasound and blood samples were obtained from each subject to know about their clinical parameters like Fasting blood sugar level, random blood sugar level for Screening and diagnosis, HBA1C, Glucose tolerance test of patients was above the normal range .Criteria for diagnosis of gestational diabetes according to Carpenter and Coustan:

- Fasting: 95mg/dl
- 1 hour: 180mg/dl
- 2 hours: 155mg/dl
- 3 hour: 140mg/dl Gestational diabetes was labeled as per operational definition. All data was collected on predefined proforma.

A previous pregnancy which resulted in a child with a macrosomia (high birth weight: >90th centile or >4000 g (8 lbs 12.8 oz))

Classical risk factors for developing gestational diabetes are:

- Being overweight, greater than 25 increases the risk by a factor 2.1, 3.6 and 8.6, respectively.

In polycystic ovarian syndrome three symptoms out of five are taken as diagnostic which includes obesity, hirsutism, irregular menstrual cycle, hormonal assessment, ultrasound finding for the polycystic ovaries.

Data was analyzed by SPSS version 16. The data of gestational diabetes, risk factors, BMI classification was presented in form frequency (%). Association of gestational diabetes and risk factors were studied using chi-square test. Chi-square test was applied. P-value < 0.05 was taken as significant.

RESULTS

The mean age of patients was 33±22.8 years. Majority of patients were in the range greater than 35 years (n=82, 43.2%). Majority of patients were from Peshawar district (n=83, 43.8%) followed by Charsadda (n= 45, 23.7%) Mardan District (n=25, 13.1%), Hangu District (n= 15, 7.9%), Swat District (n=12, 6.3%), and Afghanistan (n=10, 5.2%).

Frequency of patients diagnosed as gestational diabetes mellitus on the basis of GTT was 50 (26.3%). The frequency of patients having no gestational diabetes mellitus was 140 (73.7%).

<table>
<thead>
<tr>
<th>Table 1: Cross tabulation of GDM with all risk factors</th>
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<tbody>
<tr>
<td>Risk Factor</td>
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<tr>
<td>Age of Patient</td>
</tr>
<tr>
<td>&lt;35</td>
</tr>
<tr>
<td>&gt;35</td>
</tr>
<tr>
<td>Body Mass Index of Patient</td>
</tr>
<tr>
<td>Normal</td>
</tr>
<tr>
<td>Over Weight</td>
</tr>
<tr>
<td>Polycystic Ovarian Syndrome</td>
</tr>
<tr>
<td>Yes</td>
</tr>
<tr>
<td>No</td>
</tr>
<tr>
<td>Previous History of Gestational Diabetes Mellitus</td>
</tr>
<tr>
<td>Yes</td>
</tr>
<tr>
<td>No</td>
</tr>
<tr>
<td>Previous History of Macrosomic Baby</td>
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<tr>
<td>Yes</td>
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<tr>
<td>No</td>
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<tr>
<td>Family History of Diabetes</td>
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<tr>
<td>Yes</td>
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<tr>
<td>No</td>
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</table>
In this study frequency of GDM is 50(26.3%) and of non GDM is 140 (73.3%) as compare to Bahawalpur study where prevalence of GDM among 124 studied women was 14.51% in 2010. It is worth mentioning that a study for Louisiana reported 29% incidence of GDM in 2009.

According to Royal College of Gynecology and Obstetrics guidelines the age less than 25 years is less prone to develop GDM. The study done in Louisiana showed that more GDM cases were seen in women of age greater than 35 years and same were the results of study done in Baqai Medical University. Our results also showed similarities with the above mentioned studies, age greater than 35 years were more prone to GDM.

The obesity was the risk factor for the development of GDM as in California study by Hederson showed that overweight and obese women are more prone to develop GDM. In Bahawalpur study also where large no of patients with GDM were obese.

A study done in Department of Gynecology and Obstetrics of North Carolina University showed half of PCOS diagnosed patients had GDM. An Indian study showed that history of polycystic ovarian syndrome is closely related to development of GDM. In this study half of patients with GDM were having history of Polycystic Ovarian Syndrome.

A California study proved that patient having previous history of GDM is twofold more in a risk of future GDM. The study which was done in Baqai Medical University showed majority of the patients having previous history of GDM. In this study majority of the patients with GDM were having previous history of GDM. This risk factor was relevant with comparing study.

In Reece EA England study patient having history of macrosomic baby was more in a risk of development of GDM in next pregnancy. Baqai University study also showed large no patients with GDM were having history of Macrosomic babies. In this study large no patients with GDM having Previous history of Macrosomic babies which was relevant with comparing study.

The family history of type 2 Diabetes Mellitus was also an associated risk factor as in Conley study. The study done in Baqai medical university large no patients with GDM were having family history of type 2 Diabetes Mellitus. In this study more than half of the patients were having family history of Diabetes Mellitus.

A sincere thanks to Dr. Hamid Hussain for his guidance and help.

REFERENCES


CONTRIBUTORS

SB participated in planning of study, data analysis and manuscript writing. US helped in data management. NM supervised the study. All authors contributed significantly to the final manuscript.