

DOI: <https://dx.doi.org/10.18203/2320-1770.ijrcog20211559>

Letter to the Editor

Prevalence and associated risk factors of gestational diabetes mellitus

Sir,

Gracelyn et al conducted a cross-sectional hospital-based study regarding the prevalence and significant risk factors of gestational diabetes mellitus in South Indian women.¹ This study is important at this time because of the high frequency of gestational diabetes in South Asian ethnic groups especially in South Indian women.

Prevalence of diabetes complicating pregnancy in the present study was 11.8% and risk factors such as age of the mother, pre-pregnancy body mass index, medical conditions like polycystic ovary disease, increased weight gain in the current pregnancy, family history of diabetes and gestational diabetes mellitus were also taken into consideration in this study. Pregnant women should undergo universal screening for gestational diabetes mellitus at 24 to 28 weeks of gestational age so as to avoid maternal and fetal complications.

Authors agree with the author to promote universal screening for gestational diabetes in pregnant women between 24 to 28 weeks gestation as the resistance to insulin and diabetogenic effects of hormones in pregnancy is highest at this period.²

Authors also agree to the fact that encouraging healthy lifestyle modifications can change the modifiable risk factors for development of diabetes in pregnancy.

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Cite this article as: Sivasarupa I, Kumarapillai S. Prevalence and associated risk factors of Gestational diabetes mellitus. *Int J Reprod Contracept Obstet Gynecol* 2021;10:2135.