

Gestational Diabetes- An updated literature review

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Abstract

Gestational diabetes (GDM) is the most common medical complication of pregnancy. Its prevalence varies widely from 1-20% and is rising in parallel to the rise in type 2 diabetes and obesity as well as the increase in late pregnancies. This review focuses on the latest available updates in predicting, preventing, diagnosing and managing GDM. We will also touch upon the most common fetal and maternal complications. Air pollution and chemical environmental exposures, genetic, inflammatory, hormonal and cardiovascular markers and lifestyle habits have been linked to the development of GDM. Prevention is key. Studies emphasize diet, exercise, optimal prenatal weight and lactation, among others. Aside from the well-known oral glucose tolerance test cutoffs that have been used for years, we will explore novel diagnostic simpler methods as well as early pregnancy glycemic screening. Finally, aside from lifestyle changes, this review will focus on initiation and up-titration of insulin and the role of glibenclamide and metformin in the literature as well as in clinic.

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