Prevalence of Gestational Diabetes Mellitus in a Hospital Based Sample of Pregnant Kashmiri Women Attending Antenatal OPD in Skims

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Abstract
There are significant changes in carbohydrate metabolism during pregnancy. During Pregnancy insulin resistance increases because of secretion of large number of counter regulatory hormone like human placental lactogen, cortisol, oestrogen, progesterone and also there is destruction of insulin by placenta, as a result this changes there is maternal hyperglycemia, reduced conversion of glucose to glycogen, all these things result in uninterrupted supply of glucose to fetus. If in mother these changes are more pronounced that result gestational diabetes mellitus. It may occur first time in pregnancy or may be first time noticed in pregnancy were it is known as pregestational diabetes. Our study is aimed to know the prevalence of diabetes in zone of Kashmir belt.

Results: The prevalence of diabetes in our study is 13%. The standard method of diagnosis being two step procedure where in first step screening is done by DIPSI with 75gm glucose if abnormal this is followed by 3 hour OGTT.

Conclusion: Since the prevalence of Gestational diabetes in our belt of Kashmir is high so I recommend routine screening of all women with DIPSI at 24-28 weeks of gestation followed by 3 hour OGTT if DIPSI was abnormal.

Introduction
There are significant changes in carbohydrate tolerance during pregnancy. During pregnancy insulin demand increases while as secretion of many sex hormones increases that lead to development of insulin resistance, especially during second half of pregnancy and increases till term. This insulin resistance is also because of hormones that antagonise the action of insulin that includes oestrogen, progesterone, human placental lactogen, cortisol and because of destruction of insulin by placenta and kidney. These changes in insulin resistance occur to facilitate transfer of glucose across placenta for normal fetal growth and development. Now if in mother this insulin resistance is more pronounced there is more maternal hyperglycemia and Gestational Diabetes Mellitus may be diagnosed.

Gestational Diabetes Mellitus is defined as carbohydrate intolerance of variable severity with onset or first recognition during pregnancy. This definition is used irrespective of use of insulin for treatment of GDM or whether the condition persists after pregnancy. GDM defined in this way includes the women with pre-existing undiagnosed diabetes as well as women with first onset hyperglycemia during pregnancy. GDM varies according to population characteristics:

- Maternal age
- Ethnicity
- Basal metabolic index
- Screening and
- Diagnostic strategies

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Screening and Tests
Screening is the process of identifying women who are at risk of GDM compared to general population of pregnant women. Screening is done between 24 – 28 weeks of gestation in patients with some of the risk factors for diabetes while as it is done at earliest as possible in those with all risk factors for diabetes. Risk factors for gestational diabetes mellitus includes;
1. Positive family history of diabetes
2. H/o GDM in previous pregnancy
3. H/0 previous baby weighing >4kg
4. H/0 previous unexplained perinatal death
5. Belonging to ethnic group that is at high risk for diabetes.

Screening is done by either Glucose challenge test(GCT) by 50 g of glucose at 24–28 weeks of gestation irrespective of her last meal, plasma Glucose level >140mg/dl or whole blood>130mg/dl 1hour after GCT is positive screen for GDM.

DIPSI is a Screening method done by administrating 75g of glucose between 24-28 week of gestation\(^5\). A plasma glucose of more than 140 mg/dl after two hours should be used as threshold and regarded as positive screen.

Patients with abnormal screening should be followed by 3 hour GTT with exception of those whose one hour screening test demonstrates plasma glucose more than 200mg/dl. Other patients with abnormal one hour need a 3hour GTT to confirm or rule out diabetes. Normal values of test are below:

<table>
<thead>
<tr>
<th>Upper Limits of 3 Hour Glucose Tolerance Test During Pregnancy Following 100g of Glucose Load (0, sullivan modified by carpenter and Couston)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FASTING</td>
</tr>
<tr>
<td>1 HOUR</td>
</tr>
<tr>
<td>2 HOUR</td>
</tr>
<tr>
<td>3 HOUR</td>
</tr>
</tbody>
</table>

Venous plasma glucose (mg/dl)
Carpenter MW, constant DR
GDM is diagnosed when any two values are met or exceeded.

<table>
<thead>
<tr>
<th>TIME</th>
<th>Normal tolerance</th>
<th>Impaired Glucose tolerance</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting</td>
<td>&lt;100</td>
<td>&gt;100 and &lt;126</td>
<td>&gt;126</td>
</tr>
<tr>
<td>2hr post prandial</td>
<td>&lt;140</td>
<td>&gt;140 and &lt;200</td>
<td>&gt;200</td>
</tr>
</tbody>
</table>

Venous whole blood values are 15% less than plasma
mmol/L=mg%×0.0555

International Association of Diabetes and Pregnancy Study Groups (IADPSG) (75g oral Glucose) mg/dl

<table>
<thead>
<tr>
<th>Time</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting</td>
<td>92</td>
</tr>
<tr>
<td>1-hour</td>
<td>180</td>
</tr>
<tr>
<td>2-hour</td>
<td>155</td>
</tr>
</tbody>
</table>

GDM is diagnosed when one or more thresholds are met or exceeded based on IADPSG.

ADA (American diabetes association 2015 criteria)
Two methods were proposed by ADA for diagnosis of GDM in women without preexisting diabetes;

One Step
Performing OGTT in morning after overnight fasting of 8hours with 75g of Glucose at 24-28 weeks of gestation.GDM is diagnosed when two or more plasma Glucose level equals or exceeds Fasting serum Glucose=92
1 hour serum Glucose=180
2 hour serum Glucose=153
Two Step Procedures perform GCT with 50gm of Glucose irrespective of last meal at 24-28 weeks. If plasma Glucose after one hour >140 then proceed to (100 GM Glucose) OGTT.
Step 2 is performed while patient is fasting. GDM is diagnosed when 2 or more values are equated or exceeded.

<table>
<thead>
<tr>
<th>Current &amp; Previous Criteria Recommended yo Diagnose GDM (mmol/L)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>IADPSG7,7 (2010)</td>
</tr>
<tr>
<td>(WHO) (1999)</td>
</tr>
<tr>
<td>ADIPS8 (2013) &amp; WHO9</td>
</tr>
<tr>
<td>ADIPS2,13 (1998)</td>
</tr>
<tr>
<td>WHO10 (1999)</td>
</tr>
<tr>
<td>100 OGTT ( Plasma or Serum Glucose)</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>ACOG6</td>
</tr>
<tr>
<td>O'Sullivan &amp; Maran15</td>
</tr>
</tbody>
</table>

a- One threshold should be met or exceeded for GDM to be diagnosed.
b- Two thresholds should be met or exceeded for GDM to be diagnosed.

Methodology
It was a cross sectional study done in our hospital of SKIMS Soura for a period of 10 months (December 2017- September 2018). All the pregnant women coming for routine checkups were included in this study. Informed consent was obtained from each patient. Subjects with known DM were excluded from this study.
A sample of 200 patients was taken. Demographic profile (name, age, contact number) was taken. History of any related risk factor, previous history of GDM, previous baby with weight >4kg, family history of diabetes, previous unexplained perinatal loss was taken. Physical examination of patients was done and certain investigations were carried like obstetric USG. patients with some of risk factors as mentioned above were subjected to Screening either by GCT or DIPSI. Glucose challenge test was done by administering 50g glucose. Plasma Glucose level > 140mg/dl after one hour was regarded as positive screen. DIPSI patients were tested with 75g of Glucose, plasma Glucose level >140 mg/dl 2hr after test was regarded as positive screen. patients with positive screen were subjected to 3 hour OGTT.
ACOG/American College of Obstetricians and Gynaecologists(6) recommends that the women with previous history of GDM should be offered diagnostic testing early in pregnancy to identify undiagnosed Type-2 Diabetes. For all the women who are not tested early in pregnancy or who have early negative screen ACOG(6) suggests that Screening for GDM should be done at 24-28 weeks by assessment of medical history, clinical risk factors or laboratory Screening.

Results
Prevalence of GDM in our study was 13% using 75g OGTT. This closely matches to the studies done as below
Prevalence of GDM in Different locations in UK and using different Dx criteria;

<table>
<thead>
<tr>
<th>FIRST AUTHOR</th>
<th>PUBLICATION YEAR</th>
<th>LOCATION</th>
<th>GDM Dx CRITERIA</th>
<th>NO. OF WOMEN INCLUDED</th>
<th>NO. WITH GDM</th>
<th>PREVELANCE OF GDM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ali et al (16)</td>
<td>2013</td>
<td>Dublin, Dublin</td>
<td>NDDG</td>
<td>1375</td>
<td>139</td>
<td>10.1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>IADPSG</td>
<td>1679</td>
<td>221</td>
<td>13.2</td>
</tr>
<tr>
<td>Dornhorst et al (17)</td>
<td>1992</td>
<td>London (St. Mary’s)</td>
<td>Reported in paper</td>
<td>11035</td>
<td>170</td>
<td>1.5</td>
</tr>
<tr>
<td>Gregory et al (18)</td>
<td>1998</td>
<td>Cambridge</td>
<td>WHO 1980</td>
<td>3316</td>
<td>67</td>
<td>2.0</td>
</tr>
<tr>
<td>Griffin et al (19)</td>
<td>2000</td>
<td>Dublin</td>
<td>NDDG</td>
<td>1299</td>
<td>35</td>
<td>2.7</td>
</tr>
<tr>
<td>Janghorbani et al (20)</td>
<td>2006</td>
<td>Plymouth</td>
<td>WHO 1980</td>
<td>4942</td>
<td>90</td>
<td>1.8</td>
</tr>
</tbody>
</table>

**Conclusion**

Screening and diagnosis and later on treatment reduces adverse maternal and fetal outcome due to GDM.

1) Since the prevalence of GDM in our was 13% so I recommend Screening of all pregnant women at 24-28 weeks gestation f/b GTT in those with abnormal screening.

2) Furthermore those women who have previous history of GDM should undergo Screening early in gestation. Those with negative early Screen should follow repeat testing at 24-28 week gestation.

**Bibliography**

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**Abbreviations**

ACOG- American College of Obstetricians and gynecologists.

ADA – American Diabetes Associations

ADIPS- Australian Diabetes in Pregnancy Society

C&C- Carpenter & Couston

GDM- Gestational Diabetes Mellitus

IADPSG- International Association of Diabetes in Pregnancy Study Groups

NDDG- National Diabetes Data Group

OGTT- Oral Glucose Tolerance Test

WHO- World Health Organisation.