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## DIABETES AND ENDOCRINOLOGY

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### PREVALENCE OF GESTATIONAL DIABETES MELLITUS AND ITS RISK FACTORS: BANGLADESH PERSPECTIVE

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Gestational diabetes mellitus (GDM) defined as diabetes diagnosed in the second and third trimesters of pregnancy has emerged as a global public health concern. The global prevalence of GDM varies widely from 1% to 28%, depending on population characters (ethnicity, body mass index (BMI), maternal age, family history of diabetes), method of screening and diagnostic criteria. There is higher prevalence of GDM observed in Eastern and South Eastern Asia given the changed socioeconomic condition and nutritional status. When ethnic/racial variability is the concern, Asians are high risk group. In Bangabandhu Sheikh Mujib Medical University (BSMMU), several studies on GDM were done to see the prevalence utilizing different diagnostic methods. Prevalence of GDM at BSMMU was 36% by WHO-1999 criterion while it was 32% by O'Sullivan, carried out on the same population (n=385). A second study on 320 pregnant mothers found the frequency of 32% by WHO-2013 criterion and 31% by WHO-1999 criterion. Another study by using WHO-2013 method found a frequency of 29% (n=204). All the studies revealed a common finding of maternal obesity, increased age and family history of diabetes as risk factors. We also studied some biomarkers like high sensitivity C reactive protein, TNF- $\alpha$ , fibrinogen levels in GDM mothers and found its association with occurrence of GDM. We also studied hormonal profiles like human placental lactogen and prolactin and found no significant association for GDM. Study on different insulin indices showed significant difference between GDM and normal mothers. The alarming frequency of GDM warrants further exploration.

### BIOGRAPHY

Nusrat Sultana is working as Assistant Professor in the Department of Endocrinology, Bangabandhu Sheikh Mujib Medical University (BSMMU). She obtained her fellowship (FCPS) in Internal Medicine from Bangladesh College of Physicians and Surgeons in the year 2010 and MD in Endocrinology and Metabolism (EM) from BSMMU in 2014. She has more than 25 scientific papers published in different national and international journals. Her major research areas are GDM and diabetes in young (under 30) population.

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