

Quality of Life with Gestational Diabetes

Most pregnancy leads to a successful outcome without complication. However, many factors can interfere with the normal process of pregnancy and may threaten the health of the mother or the development of the fetus. These factors can be detected at the beginning of pregnancy by reviewing the danger signs that may indicate complication. Pre-eclampsia (PE) is a multi-system disorder of the mother that affects the fetus because of utero-placental insufficiency. In consequence, these children are at risk for intra-uterine growth restriction and may be delivered prematurely. They may also suffer from the consequences of high rate of operative deliveries and the adverse effects of maternal drugs. These neonates may also have a spectrum of hematological changes which may add to the existing morbidity in them. This can cause uncontrollable bleeding and be life-threatening for both mother and baby. Another complication is Eclampsia (Pre-eclampsia plus seizures) that happens when PE is uncontrolled. This is associated with maternal mortality. Fetal and newborn complications of hypertensive disorders of pregnancy include growth restriction, prematurity, and stillbirth. In addition, there is evidence that the intrauterine milieu in a hypertensive pregnancy may, by mechanisms related to the failure of the fetus to exercise full growth potential, confer increased risk of cardiovascular events in adult life.

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