

“MySweetGestation”: the Diabetes and Pregnancy APP

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“MySweetGestation” is a Web application designed as a reference tool by the Italian SID-AMD "Diabetes and Pregnancy" Study Group.

The goal is to give useful and controlled information on the recognition and treatment of diabetes in women who wish to plan pregnancy or who already are pregnant, according to the **Standards of Care of the main scientific societies**.

Through **interactive screens**, it contains information on the main aspects of diabetes and pregnancy (nutritional and insulin therapy, ketones monitoring, management and follow-up after delivery etc.) and on the risks and proper practices to be conducted in order to prevent maternal-neonatal adverse outcomes related to hyperglycemia.

At variance with previous published web applications on the topic, it is designed to “engage” the user by using short questionnaires on the anthropometric characteristics of the patients, on the risk factors for developing gestational diabetes and on the oral glucose tolerance test assessment. Once completed, each interactive part gives to the user an **easy to interpret informative feedback**.

The APP also contains an obstetrical section that offers the possibility to estimate the fetal weight on the basis of the ultrasound measurements and to track the movements of the baby by using the **Cardiff fetal movement chart**.

Beside the women-centered section, MySweetGestation also contains a **healthcare giver section** that provides more technical information on the management of pre-gestational and gestational diabetes getting into the most updated guidelines.

In conclusion, despite “MySweetGestation” cannot substitute physician’s management, **it can be a reassuring support** for women and their caregivers



Two main parts:
1) For patients
2) For physicians



Interactive screens
Risk assessment



Cardiff fetal movement chart



Fetal biometry