

# THE INFLUENCE OF MATERNAL WEIGHT ON THE INSULINIZATION ON PATIENTS WITH GESTATIONAL DIABETES.

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## Introduction

- 60 to 70% of the patients with gestational diabetes are able to achieve glycemic control through diet and physical activity.
- However, some patients need insulinization and the adipose tissue seems to increase insulin resistance.

## Objective

- To verify if the initial weigh influences the need of insulinization for the treatment of gestational diabetes.

## Methods

- Analyze patients attended at University Hospital - UNIFESP-Brasil, with diagnosis of gestational diabetes according to the WHO criteria from 2007-12 and IADPSG criteria from 2012-15.
- Patients were classified by their initial body mass index according to the WHO criteria and the percentage of patients that needed insulinization in each group.

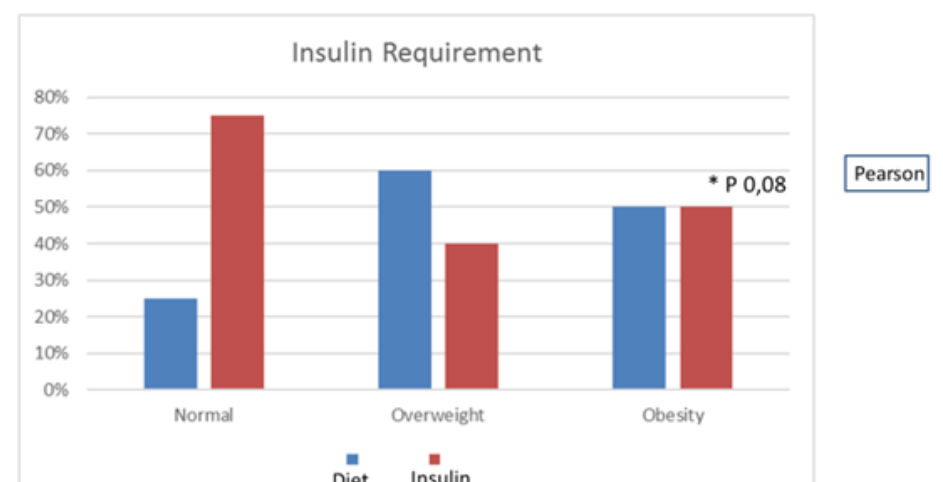
## Results

- 484 patients with gestational diabetes were attended, 1 was underweight, 100 normal range, 162 overweight and 221 obese.
- Among the normal patients, 25 (25%) needed insulinization, the overweight patients and obese 64 (39,5%) and 104 (49,3%) needed insulinization, respectively.
- We used Anova and Pearson for statistical analysis.

## Baseline Characteristics

	Age	BMI	Triglycerides
Normal	33,5 ± 6,2	22,7 ± 1,1	164 ± 71
Overweight	32,9 ± 5,5	27,5 ± 1,5	189 ± 71
Obese	33,9 ± 9	35,1 ± 4,9	191 ± 70 *

\* P:0,009 Anova



## Conclusion

- In this study, 79,1% of the patients diagnosed with gestational diabetes were overweight or obese.
- Among the patients with normal range, only 25% needed insulinization, for glycemic control, while 40-50% of the patients with overweight or obesity needed insulinization, determining a worst prognosis for mother and newborn.