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## A STUDY ON THE EFFECT OF PRE-PREGNANCY BMI ON THE PREVALANCE OF GESTATIONAL DIABETES MELLITUS

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### ABSTRACT

**AIM:-** The aim of this study is to know the effect of pre-pregnancy BMI on the prevalence of gestational diabetes mellitus.

**OBJECTIVE:-** To determine association between prevalence of gestational diabetes mellitus (GDM) in overweight and obese women.

**METHODOLOGY:-** A pooled study at individual – level was conducted & 50 women diagnosed with GDM were analysed as part of this study.

The pre tested questionnaire was framed consisted of 8 questions and included both open and closed ended questions. From this Questionnaire the anthropometric measurements, obstetric status, diet type of the women were taken. The BMI of the patients was calculated based on the information regarding pre-pregnancy BMI (maternal weight in kilograms/ height in meters<sup>2</sup>).

**RESULTS:-** From this review study we can conclude that pre-pregnancy BMI influences GDM. High rates of gestational diabetes mellitus were observed in women whose pre-pregnancy BMI was falling in category of overweight or obese.

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