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Gestational Diabetes Mellitus (GDM) status in the Makkah city Western Saudi Arabia

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Gestational Diabetes Mellitus (GDM) is defined as glucose intolerance onset during pregnancy till-birth; Gestational Diabetes Mellitus (GDM) is detected through the screening of pregnant women that is usually mild and asymptomatic. Gestational Diabetes Mellitus (GDM) is a major public health problem in the world and in Gulf countries as well. The present study was conducted in Makkah city Western Saudi Arabia to know the Gestational Diabetes Mellitus (GDM) status in Makkah and its relationship with some epidemiological determinants. The study was conducted in a random sample of 100 pregnant mothers (second or third trimester) visiting for anti natal care in Gynecological clinics of AL Noor and Maternity hospitals of Makkah city Western Saudi Arabia, 50 subjects were randomly selected from each hospital. All the subjects were interviewed and a questionnaire was completed to collect the demographic, social, anthropometric and dietary intake data. The Gestational Diabetes Mellitus (GDM) was detected by the Gynecologist during screening and data was taken from patients records during the interview. The study revealed that the Gestational Diabetes Mellitus (GDM) status in Al-Noor Hospital is 14% and 18% in Maternity and Children Hospital. The Gestational Diabetes Mellitus (GDM) status is in both hospitals of Makkah city is 16%. The Body Mass Index (BMI) data showed that the 3% subjects severe obese followed by 26% obese and 39% overweight. The dietary intake data showed that dairy, meat, fruit and vegetable intake of the subjects is less than normal, however 65% subjects pregnancy age is ideal (17- 35) and 35% over 35 years. The study showed that the prevalence of Gestational Diabetes Mellitus (GDM) status is 16% in Makkah city and overweight/obesity emerged as a major risk factor as 39% subjects are overweight, 26% are obese and 3% severe obese.

Biography

Fayaz Ahmed Sahibzada completed his Master of Science Honors in Human Nutrition in 1999 from NWFP Agricultural University Pakistan. He worked as a Clinical Dietitian in Abbas Institute of Medical Sciences since 2004. In June 2004, he completed his MSc in Clinical Nutrition from University of Wollongong, Australia in 2007. From October 2010 to date he is working in Umm Al Qura University (UQU), Makkah, Saudi Arabia as a Senior Lecturer in Clinical Nutrition Department and Teaching Dietetics and Supervising Research Projects as well. He has presented on Prevalence of diabetes mellitus and its relation to diet and physical work in Azad Jammu & Kashmir in First International Conference and Exhibition on Nutritional Science & Therapy in August 2012 in USA organized by OMICS and also presented in 2nd International Conference and Exhibition on Nutritional Science & Therapy in July 2013 in USA organized by OMICS on Anemia status in a sample of female students of Umm Al-Qura University Holy Makkah Western Saudi Arabia, KSA.

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