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Physical activity in Gestational diabetes and cutaneous manifestations in primigravidae

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Background: Physical activity is associated with decrease risk of gestational diabetes. Gestational Diabetes Mellitus (GDM) is diagnosed through the screening of gestation for risk factors and at risk women testing for abnormal glucose tolerance test which is mild. Skin changes occur in 90% of women with gestation. Skin involvement may be hormonal or pregnancy specific dermatoses.

Aims: To determine that physical activity causes a decrease in gestational diabetes and to determine the frequency of cutaneous manifestations in primigravidae.

Materials and Methods: Maternal records were reviewed to collect detailed information concerning antepartum, labor, and delivery characteristics as well as conditions of the newborn. From medical records, we abstracted laboratory results of participants' 50-g, 1-hour oral glucose tolerance tests and diagnostic 100-g, 3-hour oral glucose tolerance tests was performed. Subjects were questioned during early gestation about physical activity performed during the year before and 7 days prior to the interview during pregnancy.

Results: Compared with inactive women, women who participated in any physical activity there was 67% risk reduction (relative risk (RR) = 0.33, 95% confidence interval (CI): 0.16, 0.84). Women spending ≥ 4.2 hours/week engaged in physical activity there was 80% reduction in gestational diabetes mellitus risk (RR = 0.20, 95% CI: 0.17, 0.57). Physical activity during gestation was also associated with decrease in gestational diabetes mellitus risk. Pregnant females irrespective of their parity and gestational age were also screened for the presence of dermatological concerns. Physiological changes of gestation were found in 90% of subjects. Dermatoses of pregnancy were found in 22 (3%), which included prurigo of pregnancy (35%), intrahepatic cholestasis (20%), polymorphic eruption of pregnancy (15%).

Conclusion: Findings suggest that increase maternal physical activity may contribute to substantial reductions in gestational diabetes mellitus. Pregnancy specific dermatosis was seen in a significant number of patients.

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