

# Clinical Trials and Therapeutic Drug Monitoring

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## Assessment of gestational diabetes, urinary tract infections, and folic acid intake in Lebanese pregnant females

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Pregnancy is associated with multiple health problems, which can be controlled by raising awareness about the complications that occur. Many Lebanese females in their childbearing age are not knowledgeable about the importance of folic acid intake and the risk of developing gestational diabetes mellitus (GDM) or urinary tract infections (UTI) during pregnancy. The aim of this study was to check whether females have been screened for GDM, counseled for UTI and the intake of periconceptional and postconceptional folic acid. The study was conducted in females that experienced at least 1 pregnancy in a community setting by filling a 10 minutes survey. Concerning GDM, 42.3% stated their knowledge of its screening importance, whereby 59.1% were screened with an OGTT and 32.8% with an FBG. This resulted in having 3.5% positive tests for this type of diabetes (3.1% had gained <18 kilos; p-value>0.05) for which 69% implemented dietary changes and 46% took metformin. As for folic acid intake, 85.6% took 5 mg dose: 33.1% for 1 month before gestation, 46.7% in the first trimester, 27.3% up to the second, and 11.5% throughout the pregnancy. It was noted that a big percentage of the females don't know the role of GDM screening and its impact on pregnancy. Moreover, the role of periconceptional intake of folic acids is not sufficiently disseminated to young women, whereas the postconceptional was appropriate, but not based on risk factors. Furthermore, therapeutic management of UTIs in pregnancy requires thorough understanding of antimicrobial agents to optimize maternal and fetal outcomes.

### Biography

Sara Alzein has completed her PharmD and Bachelor's degree of Pharmacy from Lebanese International University (LIU). She participated in the 7<sup>th</sup> Pharmacy Day "Facts and Myths in Pharmacy Practice" in May 2012 with a poster presentation, in LIU. The abstract of her PharmD thesis entitled, "Pregnancy complications in the Lebanese population" which was accepted by the *American Journal of Health-System Pharmacy (ASHP)*.

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