

23rd International Conference on

HERBAL AND ALTERNATIVE REMEDIES FOR DIABETES AND ENDOCRINE DISORDERS

November 02-04, 2017 Bangkok, Thailand

Prevalence of gestational diabetes in some selected slums of Dhaka city

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Gestational Diabetes Mellitus (GDM) refers to any degree of glucose intolerance with onset or first recognition during pregnancy. This descriptive type of cross-sectional study was conducted to explore the prevalence of gestational diabetes in some selected slums of Dhaka city with a sample size of 236. It was found in the study that the majority of the participants (65.3%) were in the age group 16-25 years followed by 29.2%, 2.5% and 3% were in age group 26-35 years, <15 years and >35 years respectively with mean age 23.74 ± 5.644 years. Most of the respondents 78% were Muslim, 16.1% were Hindu and 5.9% were Christian. Among the respondents, 53% had primary education 12% had SSC, 4% had HSC, 3% had education of graduate and above. But 28% respondents were illiterate. Among the respondents 79.7% were housewife, 9.7% and 5.9% were engaged in service and business and rest 4.7% were day laborer. 76.3% of the respondents had monthly family income between BDT 5001-15000 and 13.6% had it between BDT 15001-25000, 9.3% had BDT <5000 and only 0.8% had BDT >25000. 49.6% of the respondents used supply water, 41.1% used water from rivers and ponds. Rest of them (9.3%) used boiled water. Among the respondents, 94.5% used sanitary latrine and rest 5.5% kacha latrine. 26.7% respondents had diabetes in family and 14% respondents had previous history of GDM. Among them, 78% normal delivery but 22% had caesarean section. Study also revealed that of the bad obstetric history, 68.2% had miscarriage, 6.4% had still birth, 5.1% had preterm baby and 14% had IUD. Study also showed that, 4.7% of the respondents had GDM and rest did not. It was also found that 20.3% of the respondents had hypertension, 55.1% had anemia, 19.1% had jaundice, 33.1% had edema, 40.7% had frequent urination and 14.8% of the respondents had visual problem. There was an association among age and FBG level which was statistically significant with p value < 0.014. As GDM is a medical problem and sometimes threatened the life of the mother and baby. Adequate antenatal care should be given to the pregnant ladies for early identification and controlling the problem to avoid complications. Thereby the huge health expenditure for diabetes can be minimized.

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