

Containing the epidemic of diabetes – Focus on the fetus for the future

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Gestational Diabetes mellitus is defined as hyperglycemia with onset or first recognition during pregnancy. The incidence of gestational diabetes is still increasing and this pathological condition has strong association with adverse pregnancy outcomes. Since gestational diabetes can have long term pathological consequences for both mother and the child, it is important that it is promptly recognized and adequately managed. Treatment of gestational diabetes is aimed to maintain euglycemia and it should involve regular glucose monitoring, dietary modifications, lifestyle changes, appropriate physical activity, and when necessary, pharmacotherapy. Adequate glycemic control throughout the pregnancy can notably reduce the occurrence of specific adverse perinatal and maternal outcomes. The timely action taken now in screening all pregnant women for glucose intolerance, achieving euglycemia in them and ensuring adequate nutrition may prevent in all probability, the vicious cycle of transmitting glucose intolerance from one generation to another. To contain the epidemic of diabetes we have to “Focus on the Fetus for the Future”.

Biography

V Seshiah is the chairman of the Dr V Seshiah Diabetes Research Institute. He is a former Professor and Emeritus Professor of diabetology of Madras Medical College. He has been instrumental in establishing an independent department Of Diabetology, the first of its kind in India at Madras Medical College and Govt. General Hospital, Chennai. Prof Seshiah was also the first to start a separate division of Pregnancy and Diabetes in 1979 in the Govt. Hospital for Women and Children – Egmore, Chennai. He is also the Founding Chairman of the Diabetes in Pregnancy Study Group India [DIPSI] and the Indian Counsellor of the International Association of Diabetes in Pregnancy study group India [IADPSG]. He is the member of the Expert Review Committee for the Global Guidelines on Pregnancy & Diabetes at International Diabetes Federation (IDF). He is also a member of the Indian Council of Medical Research (ICMR) - Expert Task Force Committee on Gestational Diabetes. Professor Seshiah is the author of a book titled 'A Handbook on diabetes mellitus'. He has also contributed a chapter to “Textbook of Diabetes and Pregnancy” [2nd edition]. He has received several awards including the Dr B C Roy National Award for the development of the speciality of diabetology in India and Distinguished Member Award of the Association of Physicians of India. The Indian College of Physicians (ICP) (Academic wing of Association of Physicians of India) has also awarded Professor Seshiah the 'Master Teacher Award' at APICON 2008. He has been conferred “Fellow of the Royal College of Physicians”, Glasgow and DSC “Honoris causa” by the Tamil Nadu MGR Medical University.

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