

International Conference on **Targeting Diabetes and Novel Therapeutics** September 14-16, 2015 Las Vegas, Nevada, USA

Update on Gestational Diabetes: Diagnosis to delivery and beyond

Shagun Bindlish

Capital Region Diabetes and Endocrine Care, USA

Pregnancy is a state of insulin resistance and hyperinsulinemia that may predispose some women to develop Diabetes. Gestational Diabetes Mellitus (GDM) occurs when a woman's pancreatic function is not able to overcome the diabetogenic environment of pregnancy. GDM is defined as a glucose intolerance that occurs during second or third trimester of pregnancy and is not clearly overt Diabetes. The effectiveness and time period of screening and diagnosis of GDM has been controversial. There are conflicting recommendations from experts of multiple organizations suggesting to follow one step or two step approaches for the diagnosis. This talk will focus on discussing the latest diagnostic screening options, the treatment strategies for women with Gestational Diabetes and potential impact of Diabetes on the mother during postpartum period. The discussion will include the focus group study to evaluate the effectiveness of postpartum screening time period. Our practice is using a novel approach incorporating data for Diabetes prevention to find the effectiveness of postpartum screening that could best prevent or delay the onset of Type 2 Diabetes in high risk population. Most updated literature will be collected using different resources including PubMed, American Diabetes Association, American College of Obstetrics and Gynecology and American society of Endocrinology.

Biography

Shagun Bindlish MD has completed her residency training from Lutheran Medical Center NY and fellowship in Diabetes from Ohio University Heritage School of Osteopathic Medicine. During fellowship, she was Associate Professor at Ohio University. She is currently practicing as a Diabetologist at Capital region Diabetes and Endocrine Care group at St. Peter's Health, Albany NY, one of the premier organizations for Diabetes Care. She has recently published papers in reputed journals and has been serving as Specialty Peer Reviewer of AOFP (*Journal of Osteopathic Family Physician*).

bshagun@gmail.com

Notes: