

## LIFESTYLE MODIFICATIONS IN THE PREVENTION OF TYPE 2 DIABETES IN FEMALES WITH PAST HISTORY OF GESTATIONAL DIABETES MELLITUS.

Dr. Sidra Fatima<sup>1</sup> and Dr. Mohammed Abubaker\*<sup>2</sup>

<sup>1</sup>DGO, MRCPI- Obstetrics and Gynecology, Deccan College of Medical Sciences.

<sup>2</sup>MD Internal Medicine, Professor and HOD, Deccan College of Medical Sciences.

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\*Corresponding Author: Dr. Mohammed Abubaker

MD Internal Medicine, Professor and HOD, Deccan College of Medical Sciences.

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### ABSTRACT

Women with a history of gestational diabetes (GDM) face challenges in adopting lifestyle changes, increasing their risk of type 2 diabetes (T2DM). In a one-year study of 100 women, those who followed lifestyle modifications showed significant improvements in metabolic health, while those who did not saw no benefits. Lifestyle interventions can effectively reduce T2DM risk, emphasizing the need for better support.

**KEYWORDS:** Gestational diabetes (GDM), Type 2 diabetes (T2DM), Lifestyle modification.

### INTRODUCTION

Lifestyle modifications are a successful means of preventing type 2 diabetes. Females with history of gestational diabetes may have many barriers to lifestyle changes such as lack of knowledge, financial and time constraints and may not perceive themselves as high risk for type 2 DM after delivery. Our aim was to compare cardio metabolic risk profile and responses to a one year lifestyle modification program in women with history of GDM.

### METHODS

100 women aged less than 45 years with history of GDM in their previous pregnancies participated in the program, one year follow up was done. Among these one group of 40 women followed lifestyle modification advice which included increased physical activity, reduced fat intake in the diet and intermittent fasting. The other group of 60 women discontinued or never followed any intervention because of barriers such as lack of motivation, child care duties and work related obstacles.

**RESULTS**

Baseline OGTT, BMI calculation and LDL levels were tested at the onset of program and repeated at the follow up visit after a year for both the groups. Beneficial changes in metabolic risk profile including lipids, blood pressure, glucose levels and Body mass index were found among women with past history of Gestational diabetes mellitus who followed the lifestyle intervention when compared to those without any changes. Thus significantly reducing the risk of type 2 diabetes in future.

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