

Abstract

Introduction: Diploma thesis deals with issues of gestational and pregestational diabetes and the influence of diabetic diet during pregnancy on eating habits.

Goals: The theoretical part is focused on general summary of diabetes during pregnancy – its characteristic, epidemiology, risk factors, complications, treatment including glycemic self-monitoring, observation during and after the childbirth. The last part is focused on education, as the important part of the therapy. The emphasis is put on the practical part, which analyses eating habits including measures regime of women dealing with gestational and pregestational diabetes, before and after the pregnancy. Crucial task was the comparison of choice of the food, frequency of monitored food and the regularity of eating.

Methods: Research took place through the anonymous questionnaires, obtained on Gynecological-obstetrical clinic of General hospital in Prague. Questionnaires were filled out by women diagnosed gestational and pregestational diabetes type 1. The discovered data are given into graphs and charts and part of the thesis is dedicated to the analysis of the data.

Outcome: According to researched data we can say, that the eating habits before the pregnancy are not sufficient in any of the groups. Due to pregnancy and resulting diatetic diet, we can see the change in the more responsible attitude to eating regimen and eating habits. In the group of repondets with gestational diabetes, we can see the progress in composition of the food and higher frequency of physical activity. The main change in the group of respondents with pregestational diabetes was the change of regularity of eating and in elimination of unsiatable food. Education including dietary intervention was demonstrated as meaningful in majority of female patients.

Conclusion: This thesis can outline the differences and deficiencies in eating habits of woman before pregnancy. The reaseach confirmed that the link between prevention and education has to be firm, not only before pregnancy. Better regimen and eating habbits are appropriate to be held also in the future.

Key words: diabetes mellitus and pregnancy, diabetic diet, measures regime, eating habits, education