ABSTRACT

Pregnancy is a very important period in every woman's life, especially for women with type 1 diabetes mellitus. It brings many changes that affect the level of blood glucose, whose stabilization is the main point of a successful pregnancy. Glycemic stabilization should ideally occur at least three months before conception. Its achievement is mainly due to a properly composed diet, which also has an irreplaceable influence on healthy fetal development. Insufficiently compensated diabetes may be associated with complications for both the baby and the mother.

The aim of this bachelor thesis was to summarize available information and find out the knowledge of women with type 1 diabetes mellitus in the topics of nutrition and diabetes compensation during pregnancy. Thereafter to compare the found knowledge of women with the recommendations and depending on the relationship of the respondents to pregnancy, ie whether they were pregnant, do or do not plan pregnancy.

The theoretical part of the thesis summarizes the basic facts about relation of diabetes to pregnancy - recommendation for treatment in the period before conception and during pregnancy and related complications for mother and child. It also provides an overview of essential nutrients and micronutrients affecting maternal and fetal health. In the empirical part, a questionnaire was made to fulfill the goal and was provided to women with type 1 diabetes mellitus.

A total of 90 respondents participated in the questionnaire survey. As a result, respondents are generally better informed about diabetes compensation than nutrition. Their relationship to pregnancy is affected by their knowledge. In general, women who have already passed pregnancy have been better informed. With all the risks that pregnancy brings to women with type 1 diabetes mellitus, it is advisable to increase the availability of quality information and the possibility of consultation with experts on selected issues.