

ABSTRACT

Women treated during pregnancy with gestational diabetes mellitus have 40–60% higher risk of developing type 2 diabetes, obesity and cardiovascular disease later in life. Development prevention of these diseases is rational diet with reduced carbohydrates intake, weight reduction and regular exercise. Women with history of gestational diabetes should be still monitored regularly after childbirth.

My bachelor thesis looks into diet of women after childbirth, who were monitored with gestational diabetes mellitus during pregnancy and its effect on development of type 2 diabetes. The goal of thesis is to evaluate influence of the diet during gestational diabetes on diet after childbirth. Evaluation will be based on questionnaire survey with respondents from two groups. First group is made up of women attending appointments in collection center of General University Hospital in Prague for oral glucose tolerance test. Second group are women who came for checkup to diabetologist in Department of Obstetrics and Gynecology of the First Faculty of Medicine and General University Hospital just few days after childbirth. Survey results will be processed and evaluated. Conclusion forms recommendations on how to improve motivation of women with history of gestational diabetes to maintain healthy diet after childbirth.

keywords: gestational diabetes mellitus, GDM, diabetes mellitus, type 2 diabetes, pregnancy, diabetic diet, diet, nutrition