

# Abstract

This work summarizes observations of relationship between diabetes in pregnancy and increased risk of birth defects and possible preventive measurements to reduce this risk.

Children of diabetic mothers have an increased risk especially for the development defects of central nervous system (three times higher), cardiovascular system (1,5–4,5times higher), urinary system (2,5–3times higher). Other organ systems with increased risk of birth defects are musculo-skeletal system, digestive system and ear.

To minimize this risk the effective measures have to be kept, especially maintain blood glucose standard and without peaks. To achieve this goal is necessary observe appropriate diet and by types of diabetes requiring medication use choosing suitable drugs for pregnant women. Each pregnant patient should periodically measure blood glucose levels and don't exceed threshold 90 mg/ml (5,0mmol/l) of fasting and premeal level and 150 mg/ml (8,4 mmol/l) after meal. Also important is awareness of patient.

Other tools used for prevention infants birth defects of diabetic mothers are regular measurements of glycohemoglobin levels, preconception planning and screening performed in pregnant women.

**Keywords:** Diabetes, birth defects, pregnancy, prevention