Abstract:

The bachelor thesis deals with gestational diabetes mellitus, mainly delicatated to risk factors and dietary restriction before and during pregnancy. The aim of this work is to identify potential risk factors that could affect the eventual progression of gestational diabetes. Most of my hypotheses are specifically related to this objective. The partial aim is a level of women’s awareness about this disease.

My work is divided into theoretical and practical part. The theoretical part is a collection and summarization of the available current information about gestational diabetes. GDM is a disorder of carbohydrate tolerance, which is diagnosed in pregnancy by a screening examination (usually at 24 - 28 weeks), and it disappears in postnatal period. There are many severe risks for the woman and the fetus during the pregnancy and after childbirth. There is also a high risk of emergence of type 2 diabetes in the future. Primary treatment is an adjustment food and life style. Diet system is regulated in amount of carbohydrate intake and distribution into multiple smaller doses. If this is not sufficient, the onset of insulin therapy is necessary.

The practical part is focused on comparison, usage a retrospective analysis of medical history data based on of a questionnaire survey. There was two groups of respondents - Healthy pregnant mothers and pregnant women with gestational diabetes. Obtained data were collected from the Obstetrics and Gynecology Faculty Hospital in Prague. The results confirm three hypotheses, one refutes and the last one can’t confirms neither refutes. Confirmed hypothesis indicates that women with GDM are on average three years older (34 years), higher body mass index (BMI 25), and more frequent consumption of sweets and sweeted drinks before pregnancy than women without GDM. The hypothesis, which was not confirmed, shows that women with gestational diabetes before pregnancy do more physical activity more often than women without diabetes. The last hypothesis indicates that the level of awareness of the disease ranges from 40 to 48 % and higher awareness have women who were diagnosed with gestational diabetes.

Key words: gestational diabetes mellitus, risk factors, treatment of GDM, diet