



# OUTCOMES OF PREGNANCY IN WOMEN WITH TYPE I DIABETES MELLITUS: A STUDY FROM RESOURCE CONSTRAINTS SOCIETY

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## ABSTRACT

**OBJECTIVE:** To evaluate the outcomes of pregnancy in women with type I diabetes mellitus (T1DM).

**METHODS:** This prospective cohort study was conducted at Baqai Institute of Diabetology and Endocrinology (BIDE), Baqai Medical University, Karachi-Pakistan from January 2007 to December 2020. All women diagnosed with T1DM and pregnancy, visiting the outpatient department of BIDE were included after written informed consent. Predesigned questionnaire was developed for data records. It includes demographic details, diabetes mellitus & obstetric history, clinical examination, treatment details, maternal, perinatal and neonatal outcomes.

**RESULTS:** There were 31 pregnancies in which mean age of women was  $35.03 \pm 9.70$  years, duration of diabetes before pregnancy was  $128.46 \pm 75.50$  months and median gestational age at delivery was  $34.30 \pm 3.9$  weeks. Only 5 (16.1%) pregnancies were planned and 7 (22.6%) women have HbA1c < 7%. Furthermore, 26 (83.9%) women received folic acid in first trimester. Moreover, 27 (87.1%) live birth and 4 (12.9%) miscarriages occurred, 16 (51.6%) women required assisted delivery/cesarean section and 5 (16.1%) neonates are of low birth weights. Hypoglycemia was noted in 6 (19.4%) neonates and jaundice in 2 (6.5%). One (3.2%) neonate required intensive care unit admission and 14 (45.2%) women breastfed their child.

**CONCLUSION:** In our study, majority of unplanned pregnancies in women with T1DM rendering this high-risk group into more complications. Prenatal counselling regarding conception may improve the pregnancy outcomes.

**KEYWORDS:** Diabetes Mellitus, Type I (MeSH), Abortion, Spontaneous (MeSH); Cesarean Section (MeSH); Infant, Low Birth Weight (MeSH); Hypoglycemia (MeSH); Pregnancy Outcome (MeSH).

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## CONFLICT OF INTEREST

Authors declared no conflict of interest

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