

POSTPARTUM DIABETES MELLITUS AMONG MOTHERS WITH GESTATIONAL DIABETES MELLITUS (GDM) IN THE DISTRICT OF GAMPAHA, SRI LANKA

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INTRODUCTION AND OBJECTIVE: GDM is a risk factor for future type 2 diabetes mellitus (DM). Determining the proportion of women with GDM having postpartum DM is important for long-term prevention. **DESIGN AND SETTING:** Follow up study of mothers with GDM at field clinics in two MOH areas in the District of Gampaha. **METHOD:** Pregnant women with GDM were identified in a community based cross sectional study conducted in 2014 using fasting 75gOGTT by WHO 1999 criteria (n=194). Total of 168 mothers with GDM underwent fasting 75gOGTT at two months postpartum (response rate 86.6%). **RESULTS:** Of 168 with GDM, 17(10.1%) were confirmed as having DM at two months postpartum. Among them, 9 had 2hrPPBS above 120mg/dl in first trimester and 7 were diagnosed with GDM in first trimester. Of the 17 with DM: 6(35.3%) were ≥ 35 years, 7(41%) were overweight and obese and 11(64.7%) had either parent with DM. Post prandial blood sugar ≥ 100 mg/dl in first trimester(p=0.003), insulin requirement in the current pregnancy(p=0.002) and GDM in previous pregnancy(p=0.026) were significant risk factors for postpartum diabetes. **CONCLUSION:** One in ten women with GDM have diabetes at two months postpartum in suburban Sri Lanka. First trimester 2hpostprandial blood sugar ≥ 100 mg/dl, insulin requirement in the index pregnancy and GDM in previous pregnancy are risk factors for postpartum diabetes. **Funding:** MRI and Nirogi Maatha Project funded by WDF