



Current Challenges In The Dietary Management Of GDM

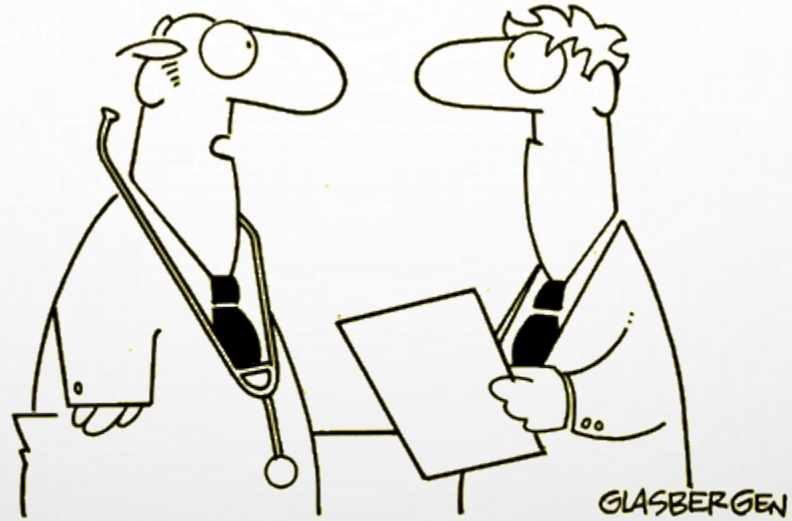
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Current Challenges In The Dietary Management Of GDM

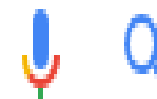
- The rise and rise of Dr **Google**
- Diagnosis and Treatment of GDM following Bariatric Surgery



**“More and more patients are going to the Internet
for medical advice. To keep my practice going,
I changed my name to Dr. Google.”**



diet for gestational diabetes



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[Managing gestational - Diabetes Australia](https://www.diabetesaustralia.com.au/managing-gestational-diabetes)

<https://www.diabetesaustralia.com.au/managing-gestational-diabetes> ▼

Guide for healthy eating during pregnancy. Women with gestational diabetes are encouraged to: Eat small amounts often and maintain a healthy weight. Include some carbohydrate in every meal and snack (e.g. Multigrain bread, bulgur, pasta, potato, lentils, chickpeas, beans)

[\[PDF\] healthy eating for gestational diabetes - Diabetes Australia](https://static.diabetesaustralia.com.au/.../diabetes.../f6c88ec4-38fc-4882-b63e-1f42143...)

<https://static.diabetesaustralia.com.au/.../diabetes.../f6c88ec4-38fc-4882-b63e-1f42143...> ▼

Gestational diabetes occurs in 5–8% of Australian women during pregnancy. ... This information sheet gives advice on healthy eating and is to be read in.

[\[PDF\] Healthy Eating for Gestational Diabetes - Women's and Children's ...](http://www.wch.sa.gov.au/services/az/other/nutrition/.../gestational_diabetes_sept-2014.pdf)

www.wch.sa.gov.au/services/az/other/nutrition/.../gestational_diabetes_sept-2014.pdf ▼

Why diet is important? 2. Healthy eating during pregnancy. 4. Healthy eating when you have Gestational Diabetes. 4. Carbohydrate foods. 10 Label reading.

[\[PDF\] Healthy eating for gestational diabetes mellitus - Queensland Health](https://www.health.qld.gov.au/__data/assets/pdf_file/0021/.../diab_gdm_colour.pdf)

https://www.health.qld.gov.au/__data/assets/pdf_file/0021/.../diab_gdm_colour.pdf ▼

Healthy eating for Gestational Diabetes Mellitus. 1. What is gestational diabetes? Gestational diabetes is a type of diabetes that occurs during pregnancy due to ...

[Gestational diabetes diet: What to eat for a healthy pregnancy](https://www.medicalnewstoday.com/articles/319716.php)

<https://www.medicalnewstoday.com/articles/319716.php> ▼

Oct 17, 2017 - What foods should women eat and what foods should they avoid if they have gestational diabetes? Gestational diabetes occurs if a woman's ...

[What is gestational diabetes?](#) · [Foods to eat](#) · [Foods to avoid](#)


[Gestational Diabetes Food List: What Should I Eat? - Healthline](https://www.healthline.com/health/pregnancy/gestational-diabetes-food-list)

<https://www.healthline.com/health/pregnancy/gestational-diabetes-food-list> ▼

Jun 21, 2018 - You may be able to manage gestational diabetes through diet and other lifestyle changes. Here's a gestational diabetes food list that tells you ...



**Can a
Keto
Diet Cure
Gestational
Diabetes?**



Why I Went
Paleo/Primal
For My
Gestational
Diabetes

Gestational Diabetes is not "real?"

The Path to Paleo with Gestational Diabetes

Ms Gym Junkie

- Likes to 'do her research' and keep up to date by following trends on social media – LCHF, clean eating, paleo, keto
- Knows that all carbs and gluten are to be limited for health
- Was shocked to discover that she had GDM



Ms Gym Junkie

Typical day's intake

Breakfast: 3 egg omelette with spinach, tomato, mushrooms

Lunch: Chicken, salad (+/- gluten free wrap)

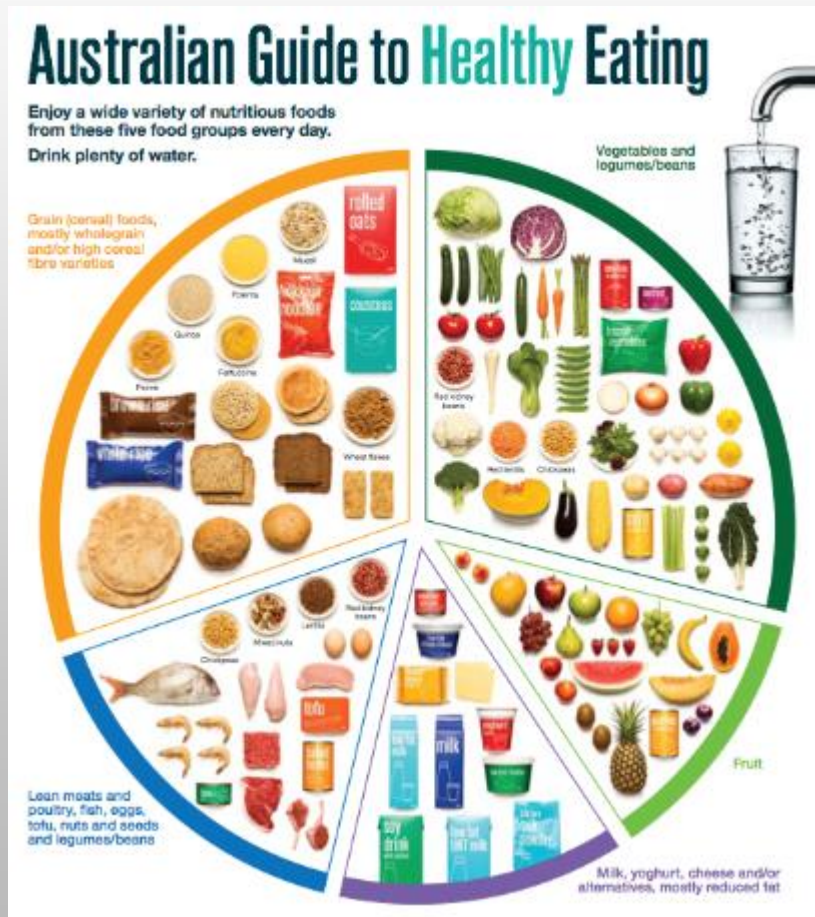
Dinner: Meat, veggies, zoodles

Snacks: Fruit, nuts, tuna, bliss balls made with rice malt syrup



Ms Gym Junkie

- What are the issues with this eating style in pregnancy?
 - Inadequate energy for pregnancy
 - Low in bread/cereals – missing out on nutrients/fibre
 - Low in dairy/alternatives - calcium
 - Low in CHO – issue with ketosis in pregnancy
 - Use of rice malt syrup



Ms Gym Junkie

Issues to Address

- Possible harmful effects to foetus of ketosis in pregnancy
- Change to more appropriate choices for BGL control
 - Focussing on nutritional adequacy
- Appropriate wt gain for pregnancy



Ms Gym Junkie

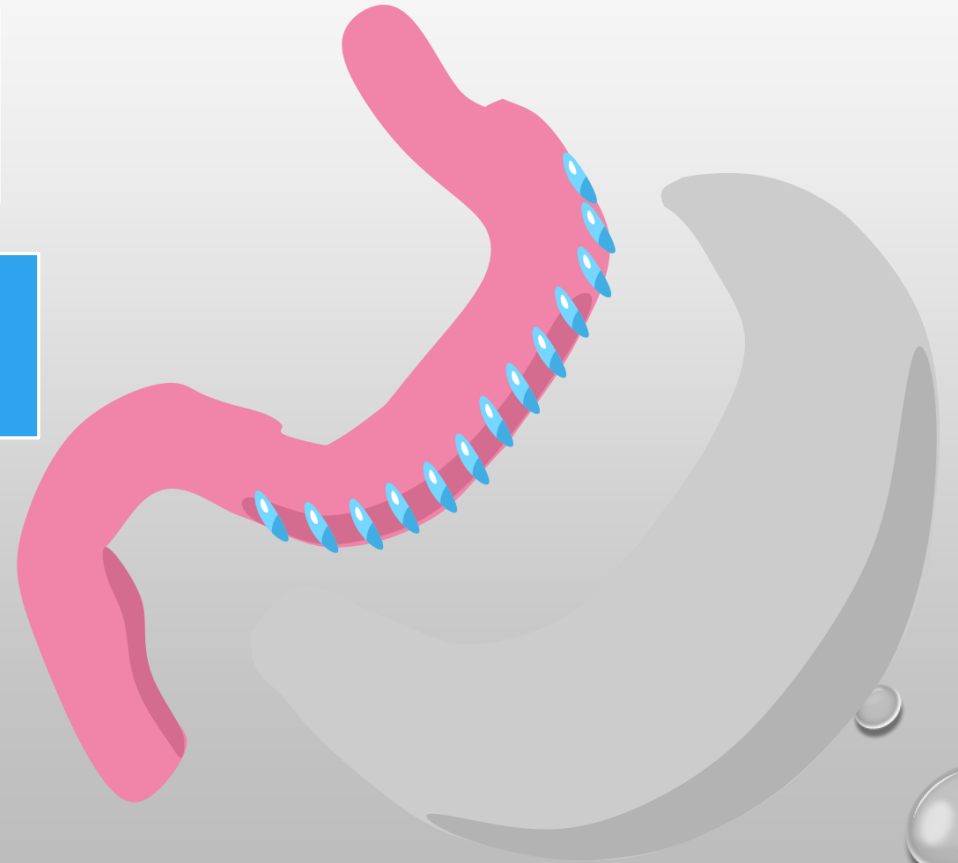
Appropriate Weight Gain for Pregnancy

Pre-Pregnancy BMI	2 nd to 3 rd Trimester (kg per week)	Recommended Total Weight Gain Range
<18.5	0.45kg/week	12.5-18kg
18.5-24.9	0.45kg/week	11.5-16kg
25-29.9	0.28kg/week	7-11.5kg
≥30	0.22kg/week	5-9kg

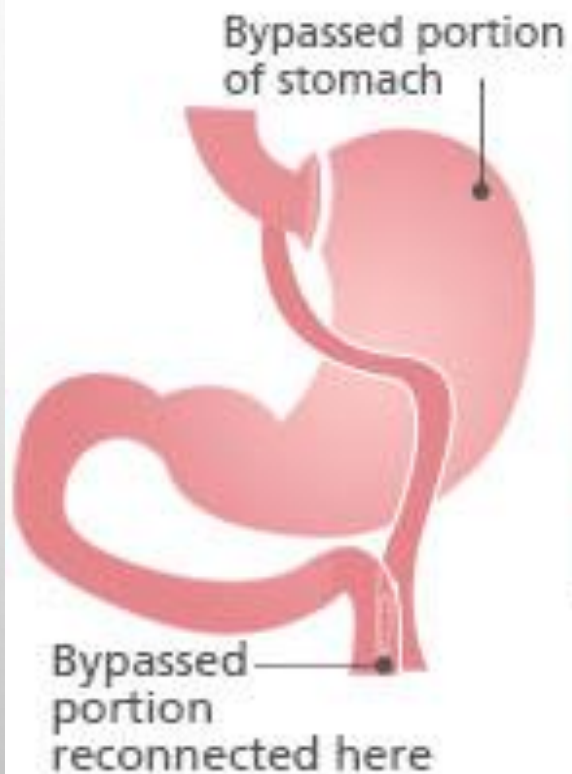
GDM and Bariatric Surgery

Increasingly common pre-pregnancy

Recommended to wait 12-18 months before conceiving



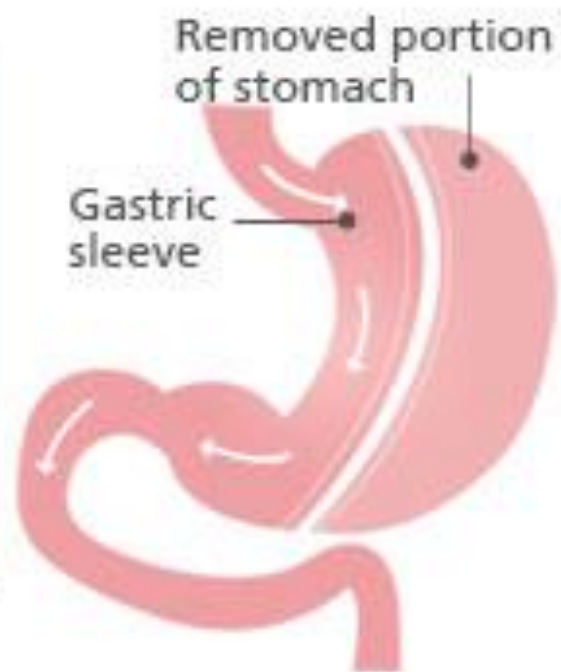
Gastric bypass



Gastric band



Sleeve gastrectomy



Screening And Management Of Gestational Diabetes Mellitus After Bariatric Surgery

- Problems with GTT tolerance
 - Nausea
 - Dizziness
 - Weakness
 - Diarrhoea
 - Palpitations
 - Abdo pain



Screening And Management Of Gestational Diabetes Mellitus After Bariatric Surgery

Problems with interpretation of results

- Use of IADPSG criteria for GDM
 - 50% of women post gastric bypass surgery met criteria for GDM
 - 58% had reactive hypoglycaemia
- Risk of GDM post surgery lower than pre but still higher than non-obese women
- Women have higher risk of small for gestational age (SGA) babies following bariatric surgery

First prenatal visit: screening for unknown overt diabetes in all women with bariatric surgery:

Fasting glycaemia ≥ 7.0 mmol/L or HbA_{1c} $\geq 6.5\%$ (47 mmol/mol)

Treat as diabetes

If normal

24-28 weeks of pregnancy: recording of capillary blood glucose daily before and after meals for 3–7 days in all women with bariatric surgery

Thresholds for diagnosis and intervention:

Fasting glycaemia ≥ 5.3 mmol/L

1-h after the meal ≥ 7.8 mmol/L

2-h after the meal ≥ 6.7 mmol/L

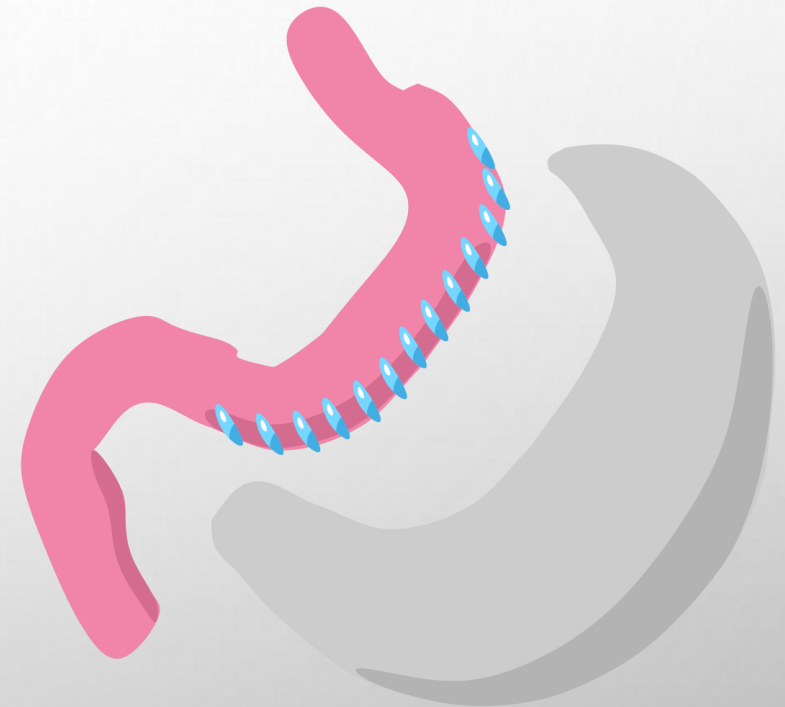
If abnormal

Treat as GDM



Screening And Management Of Gestational Diabetes Mellitus After Bariatric Surgery

- Food tolerance often an issue
- Small frequent meals/snacks
 - Advised for GDM
 - Necessary for post bariatric surgery!
- Monitoring timing can be difficult



References

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- Pregnancy Ketonemia and Development of Foetal Central Nervous System. Int J Endocrinol 2018; 2018: 1242901.
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- Effect of new criteria on the diagnosis of Gestational Diabetes in women submitted to gastric bypass. Surg. Obes. Relat. Dis. 2014, 10, 1041–1046.
- Bariatric Surgery and Pregnancy. ACOG 2009, 113. 1405-1413