

Eight Years Incidence of Diabetes Mellitus in Gestational Diabetic Patients

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Objective: To evaluate eight years incidence of Gestational Diabetes Mellitus (GDM).

Design: A retrospective study.

Setting: Primary Healthcare, Bahrain.

Method: Five hundred sixty-two patients suffering from GDM were identified in 2002 and were traced in 2010 for laboratory diagnosis of diabetes.

Result: Two hundred one (36%) patients were found to be diabetic. One hundred one (18%) were normal, 33 (5.8%) had impaired glucose tolerance (IGT) and 227 (40.4%) were of undetermined status. There is a statistically significant relation between the development of diabetes and the age at diagnosis of GDM.

Conclusion: The long-term rate development of diabetes after GDM is high. Age and level of screening test at diagnosis are strong predictive factors.