

METABOLIC PROFILE AFTER 5 YEARS OF INDEX PREGNANCY WITH GESTATIONAL DIABETES MELLITUS

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Background : Prevalence of gestational diabetes mellitus (GDM) is increasing in Bangladesh like that of south-east Asia and it is imperative to know about the risk of developing adverse metabolic outcomes in the form of type 2 diabetes, metabolic syndrome and cardiovascular disease among these women with history of GDM. This study will help to assess the extent of metabolic syndrome among Bangladeshi women with or without previous GDM. Aim of this study is to observe the metabolic profiles of women with history of GDM after ≥ 5 years of index pregnancy. **Methods:** This retrospective cohort study included 101 women with a history of GDM and 101 women without GDM. They were investigated for glucose (by 75 gm OGTT) and fasting lipid profile after ≥ 5 years of index pregnancy. Metabolic syndrome was diagnosed using IDF criteria. Binary logistic regression analysis was done to predict the influence of GDM and other cofactors over metabolic syndrome. **Results:** Baseline characteristics were statistically similar in GDM and normal glucose tolerance (NGT). Risk of metabolic syndrome with the elapse of time ≥ 5 years of index pregnancy complicated by GDM was significantly higher than that of NGT [59 vs 33; p 0.0146]. Binary logistic regression analysis revealed previous history of GDM ($\hat{a} = 0.667$; p 0.032) and BMI ($\hat{a} = -.135$; P 0.001) were independent risk factor for metabolic syndrome. **Conclusion:** The risk of metabolic syndrome and type 2 diabetes are significantly higher in women with previous history of GDM after 5 years of index pregnancy.

Keywords: Gestational Diabetes Mellitus, Metabolic Syndrome, Long-term Cardiometabolic Risk

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