

PhilSpem 9th Annual Convention

DusitThani Hotel in Makati City

October 22 – 23, 2013

Medical Nutrition Therapy for Gestational Diabetes Mellitus

CASE:

Mariana is a 26 – year - old woman from Marikina. She was referred from an obstetric clinic to high – risk pregnancy. Mariana (gravida 1,para 0) is at 22 weeks gestation. She has a family history of diabetes mellitus (DM), her maternal grandmother was diagnosed with DM many years ago.

Mariana is a housewife and lives with her husband in a second floor apartment. The pregnancy was unplanned, but both Mariana and her husband are happy. Mariana does not smoke, drink alcohol, or use drugs, but she is exposed to second hand smoke. Mariana expresses concerns about her family's finances and the new baby because she is not working.

She is a second year college and quit her education. Mariana is five feet tall (60 inches) and weigh 175 lbs. Her BMI is 34.2. Her prepregnancy weight was 166lbs. Because her pregnancy is high risk, her doctor has not medically cleared her to walk.

The laboratory values are blood pressure, 108/72mm Hg; Hgb, 12.5 mg/dl; Hct, 36.5%; A1c 6.0%; 1- hour glucose challenge test (GCT), 187 mg/dl; 3 – hour oral glucose tolerance test (OGTT): fasting, 116 mg/dl; 1 – hour, 182mg/dl; 2 – hour, 168 mg/dl; 3 – hour, 126 mg/dl.

Jennina A. Duatin

Registered Nutritionist Dietitian

Diabetes Educator