

Systemic Diseases in Pregnant Women-A Survey

Chanchal Katariya¹, Dr. M. P. Brundha Suresh²

¹BDS 2nd Year, Saveetha Dental College and Hospitals, Chennai Tamilnadu, India

²Md, Dnb, Saveetha Dental College and Hospitals, Chennai Tamilnadu, India

Abstract: Systemic diseases always play a role on Individuals general health. When the question comes to pregnant women it play major role or category to be considered for both the women and the child's health. systemic diseases are those which directly or indirectly act on the organ, tissue, etc.. So some diseases can pass through the placenta and the foetus can also be affected by it and some can affect the mother badly that may lead to abortion also or may have a complication during labour. To educate people that these diseases may have hazardous effect on the pregnancy this may affect both mother and the foetus.

Keywords: Gestational, diabetes mellitus, pregnancy, hypertension, hyperthyroidism

1. Introduction

As everything have two sides same way even pregnancy have both boon and Bain. Pregnancy related problems does not only remain till trimester but may also prolong the life long. This does not only affect mothers but also infants. Some severe cases may even lead along death. Women during pregnancy suffer from so many problems like gestational diabetes mellitus, gestational thyroid problems, gestational blood pressure, kidney disorder, cancers, sexually transmitted diseases, autoimmune diseases, Breathing disorders, deficiencies etc.

Gestational Diabetes Mellitus:

Gestational diabetes mellitus (GDM) is defined as any degree of glucose intolerance with onset or first recognition during pregnancy [1]. The women with high risk of suffer ending from the gestational diabetes mellitus are past history of diabetes, glycosuric, obesity, or diabetes from first pregnancy. They have the same signs and symptoms of normal diabetes mellitus. Most often the diabetes resolves after pregnancy.

Gestational Thyroid Problems:

Gestational thyroid can be either hypothyroidism or hyperthyroidism. It means thyroid hormone secretion is abnormally decreases during and after pregnancy is called gestational hypothyroidism. When the thyroid hormone secretion increases abnormally during and after pregnancy then it is termed as gestational hyperthyroidism. This may particularly affect the growth of the child. The women with high risk of getting gestational thyroid problems are women with past medical history of thyroid problems, drug induced thyroid problems, radiation exposed etc.... Mostly women are affected from hypothyroidism and these persist even after the pregnancy.

Gestational Hypertension:-

Increase in the blood pressure during and after the pregnancy is termed as gestational hypertension. Gestational high blood pressure is high blood pressure that develops for

the first time after the 20th week of pregnancy. This is sometimes also called pregnancy-induced hypertension [2]

2. Materials and Method

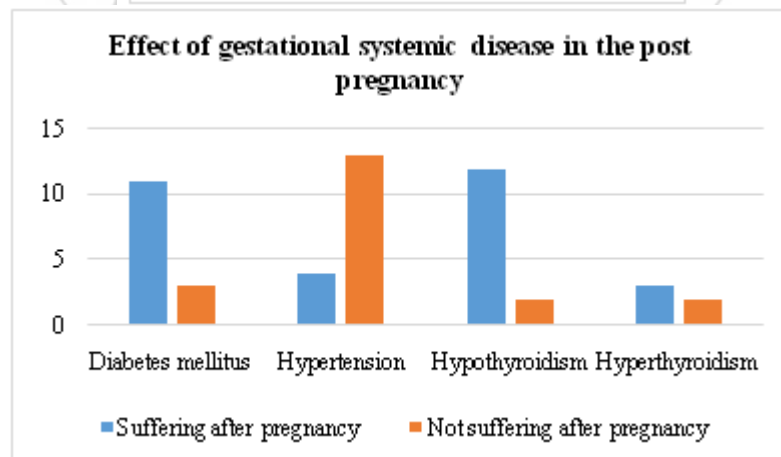
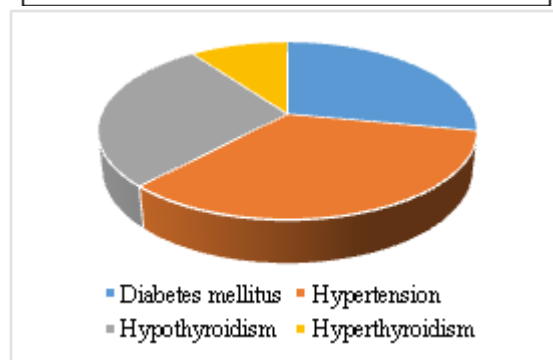
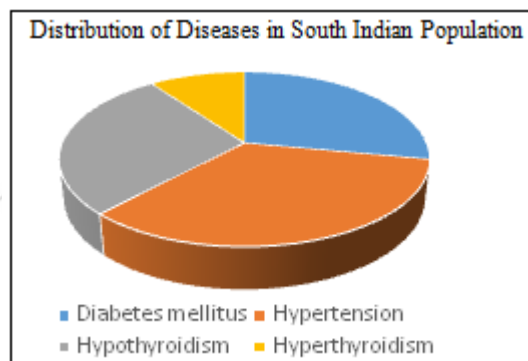
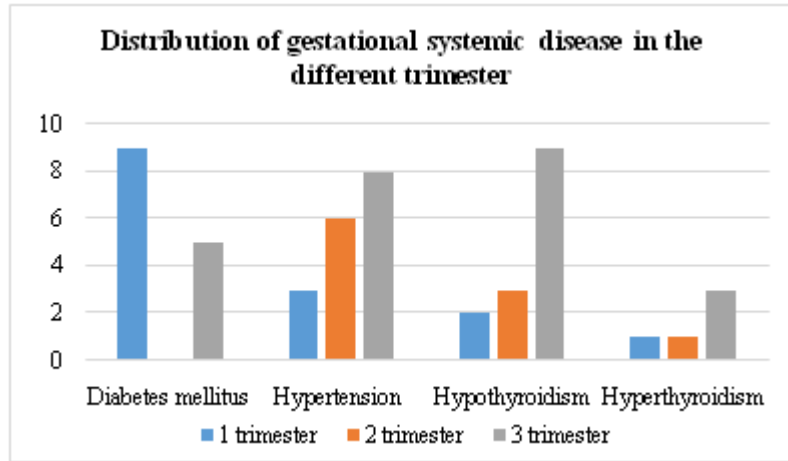
A questionnaire was prepared and was interviewed to mothers with the systemic diseases. This study was to evaluate the awareness about the effects of systemic diseases on or after pregnancy. To increase the awareness among the mothers about this issue. Totally 50 participants were chosen and interviewed by us. Participants should have at least given birth to one child and should suffer from the one of the systemic diseases. In this study only diabetes mellitus, hypertension, hyperthyroidism and hypothyroidism were taken as criteria. The questionnaire was printed out and used as a hard copy and orally interviewed. Statistics and graphs were done using Microsoft excel software.

3. Charts and Statistics

Disease	Figures	Percentage
Diabetes mellitus	14	28%
Hypertension	17	34%
Hyperthyroidism	5	10%
Hypothyroidism	14	28%

Diseases	Suffering after pregnancy	Not suffering after pregnancy
Diabetes mellitus	11	3
Hypertension	4	13
Hypothyroidism	12	2
Hyperthyroidism	3	2

Diseases	1 trimester	2 trimester	3 trimester
Diabetes mellitus	9	0	5
Hypertension	3	6	8
Hypothyroidism	2	3	9
Hyperthyroidism	1	1	3



4. Results

Table 1 describes the percentage of affected people in the survey. Hypertension is mostly seen in the population with 34%. Whereas the hypothyroidism and the diabetes mellitus are 28% in number with the least hyperthyroidism with 10% affected. In gestational diabetes half of the population

already suffers from prediabetes mellitus. More than half of the population where still suffering from the systemic diseases especially diabetes mellitus.

5. Discussion

This study has many variations at different part of the questionnaire.

In diabetes mellitus out of 28% people only 6% of them suffered from polycystic ovaries. In which 14% of the participants had a history of prediabetes which may be one of the reason for then to develop with the fully grown diabetes mellitus. Majority of them are suffering even after the pregnancy period in over. These people had general symptoms like increased thirst and urination etc. There is an increase in the weight of majority of the women. No one was aware of the AGPAR score. A study was done with 5564 women in which 378 were diagnosed with gestational diabetes 15 in the diabetes range and 363 in the impaired glucose tolerance range (M. I. Schmidt et al 2000)[3]. This study suggests that there is a strong association between prediabetes mellitus and gestation diabetes mellitus (A. Ben Haroush et al, 2004) [4]. A study was with 654 women and this study concluded that women with gestational diabetes or impaired glucose tolerance tended to be older, have had more pregnancies, weigh more before pregnancy and have heavier babies than those with a normal glycemic status (S. Rodrigues, et al 1999) [5]. The prevalence of gestational diabetes mellitus among screened women in this study was 3.2% (95% CI 3.0–3.4) by NDDG and 4.8% (95% CI 4.5–5.1) by Carpenter and Coustan criteria, and based on either threshold, it increased with age ($P < 0.001$) (Assiamira Ferrara, et al, 2000) [6]

In hypertension there were not many complication compared to the other systemic diseases most commonly only low birth weight of the child was seen. Every one suffered from edema. In thyroid patients there was an increase in weight in the hypothyroidism and decrease in weight hyperthyroidism. In hyperthyroidism the child did not suffer from Graves' disease and never have low IQ. The study done in Indian population of the prevalence of hypothyroidism in pregnant women was resulted with 4.8% of the parties had hypothyroidism during pregnancy and had the high risk of having miscarriage (VimalNambiar, et al 2011)[7]

6. Conclusion

This study concludes that pregnancy may lead to life long diseases to the women. Systemic diseases are very dreadful if proper care is not taken so prevention is better than cure. To prevent this proper screening tests should be done, awareness among the women and their partners should be increased. Doctors should also take an initiative to educate the women on diet habits, exercise; tablets should be used to overcome these problems. This type of disease not only affects the mother but also the child at different stages. Signs and symptoms of the particular disease should be identified and proper treatment should be provided.

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