



## The 2022 Digital Learning Journey on Diabetes and Pre-Diabetes

**VIDEO INTERVIEW** LAUNCH DATE 15 July 2022

### Gestational diabetes: insulin resistance does matter

#### OVERVIEW

Gestational diabetes mellitus (GDM) is an asymptomatic condition defined as “carbohydrate intolerance resulting in hyperglycemia of variable severity with onset or first recognition during pregnancy”. If not promptly recognized and adequately treated, GDM may cause both maternal and fetal complications, including spontaneous abortion, fetal anomalies, preeclampsia, macrosomia, neonatal hypoglycemia, neonatal respiratory distress syndrome and others. In addition, GDM may have long-term consequences for the offspring, increasing the risk of developing obesity, type 2 diabetes and hypertension later in life. Obesity is a major driver of GDM and, as global obesity rates increase, the prevalence of GDM has increased up to 28%. During pregnancy, both pre-existing obesity and excessive body weight gain, are relevant risk factors for GDM, likely because they exaggerate the effects of the physiological insulin resistance which develops during pregnancy. Strategies to tackle insulin resistance before and during pregnancy are therefore crucial to prevent and treat GDM, in order to ameliorate pregnancy outcomes and decrease the risk for both women and their offspring of developing metabolic complications in the long-term. In this video interview Prof. Lopez-Jaramillo will answer key question about the relationship between insulin resistance, obesity and GDM, with the aim of elucidating the best approach for managing recognize and treat insulin resistance during pregnancy.

#### LEARNING OBJECTIVES

- Learn the consequences of insulin resistance during pregnancy
- Increase the confidence in treating insulin resistance in pregnant women

#### TARGET AUDIENCE

Endocrinologists, diabetologists, gynecologists, obstetricians.

#### FACULTY

##### **José Patricio López-Jaramillo**

Universidad de Santander  
Instituto MASIRA  
Bucaramanga, Colombia



#### LANGUAGE

Spanish with subtitles into English and Chinese.

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Junior Program Manager: Sara Bassetti  
sara.bassetti@scientificseminars.com



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