ABSTRACT

Ultrasound in Diabetic Pregnancy

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Introduction

India is the world's capital of diabetes mellitus (DM). A third of every pregnant woman suffers from this problem. Hence, with ultrasound, we can predict and identify the complications earlier.

Significance

- To prevent complications for the mother and the newborn.
- To detect diabetes earlier.
- To reduce operative deliveries.
- To make the mother aware of her type II diabetes.
- To make the newborn aware of obesity.

Ultrasound Markers

- The most commont ultrasound marker is abdominal circumference, which is increased in a fetus with hyperinsulinemia.
- Polyhydramnios predicts increased blood glucose levels.
- Cardiac diseases, too, are increasing.
- A scoring system can predict the complications earlier and reduce the complications.

Scoring System: Ultrasound Gestational Diabetes Score

The following points are included:

- Fetal abdominal circumference.
- Fetal cardiac measurements.
  - Interventricular septum thickness.
  - Increased cardiac width.
  - Increased cardiac circumference.
- Increased adipose subcutaneous tissue.
- Intensified fetal breathing movements.
- Liquor: Polyhydramnios.
  - Thickness: Placenta thickness (PT).
  - Immature appearance.

Along with this, the maternal blood glucose level can be added.

Cutoff values were kept as per the gestational age.

Usefulness

Using these scores during routine ultrasound examinations can reduce and prevent complications of DM for the mother and baby.

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