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EXERCISE AND GESTATIONAL DIABETES (GDM)

A report from the Nurses Health Study (presented at the 65th Scientific Session of American Diabetes Association in San Diego in June 2005).

A huge study looking at the effects of different treatments and lifestyles on the health of women who were followed for decades.

The report showed that women who engaged in exercise in early adulthood (age 18 - 22) had a much lower risk of Gestational Diabetes when they got older and became pregnant. This could be modest or vigorous activity such as walking or stairs climbing, gestational diabetes affects about 4% of all pregnant women in USA, and > 20% in U.A.E., but here is a way to possibly ward it off by exercising at least modestly in youth.

This calls to attention the fact that exercise is not only helpful to prevent cardiovascular disease and promote overall wellness but for women of child bearing age, it seems helpful in preventing gestational diabetes too.