

THE NETWORK: TOWARDS UNITY
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THE NETWORK
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Facultad de Medicina



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"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

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TUFH 2020 Abstracts

Title	Clinical-nutritional traits in pregnant women with normal glycemic levels and with intolerance to carbohydrates
Type	Oral Presentation <i>Intersectoral Collaborations and the Social Determinants of Health</i>
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Content

BACKGROUND. Gestational diabetes is the glucose intolerance of variable severity with onset during pregnancy. Pregnant women present anatomical, physiological, and biochemical changes, to provide the fetus the most appropriate environment for its growth and development. Some indicators could determine the nutritional status of the mother and nutritional disorders can affect to her and the fetus, in the short or in the long term. **Objective:** to compare clinical-nutritional traits of pregnant normoglycemic (NG) and those with intolerance to carbohydrates (ICHOs), through different measurements throughout the pregnancy. **METHODS.** Secondary analysis of two cohorts of pregnant mestizo-Mexican women aged 18-45 years. Comparison of the characteristics of the first trimester and week 24-28 of gestation, between groups and at different times. **RESULTS.** 1083 patients were included, 52.63% presented ICHOs. All the sociodemographic and clinical characteristics showed differences between the groups, except for height. In the first evaluation, significant differences were obtained between groups in weight, skinfold, middle arm circumference and glucose. For the second session, the same differences were found, in addition to the lipid profile, insulin and adiponectin. Comparing each group over time, the NG group presented differences in all anthropometric variables, glucose, and lipid profile, while the group that presented ICHOs only had changes in weight, weight gain and lipid profile. **CONCLUSION.** Clinical - nutritional traits and the alterations that women present during pregnancy, can help us as health professionals to modify external factors such as lifestyle, to prevent chronic non-communicable diseases in the short and long term.