

LIFE QUALITY ASSESSMENT OF WOMEN WITH GESTIONAL DIABETES BALANCED BY EITHER DIET OR BY INSULIN**J. Shick***Sheba Medical Center, Gynecological Clinic, Ramat Gan, Israel*

Introduction: Gestational Diabetes is prevalent in 3-6 % of pregnant women. Most of them are diagnosed between the 24-28 week of pregnancy, then followed up and treated up to delivery. There is a risk that these women will develop type diabetes type 2 within 6-10 years or during menopause. Pregnant women who were diagnosed with gestational diabetes are required to change their life habits: to keep an order of meals, a balanced menu, low rate of carbohydrates, regular physical exercise, and perform blood glucose monitoring at least 4 times a day. In case all the above measures fail to achieve a balanced sugar rate, insulin treatment is prescribed.

Aim of study: To compare the quality of life between two groups of women diagnosed with gestational diabetes. One group treated by prescribed diet, and the other by insulin.

Materials and methods: The data was achieved by self filled questionnaires, approved by the Helsinki committee. The questionnaires were comprised of 4 parts: demographic background, family history since childhood, women's life quality in the past 4 weeks and questions relating to the changes in the medical quality of life. Data was gathered between December 2007 to October 2008.

Results and conclusions: The research is still in progress. Therefore results will be presented during the convention.