



## 23. PERINATAL OUTCOMES IN PREGNANCY WITH GESTATIONAL DIABETES

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**Introduction.** Gestational diabetes mellitus (GDM) traditionally refers to abnormal glucose tolerance with onset or first recognition during pregnancy. The increasing obesity rate is leading to an increase in gestational diabetes mellitus (GDM) and perinatal complications. Global GDM rates have increased due to the obesity epidemic, highlighting the need for comprehensive research on its implications for perinatal health.

**Aim of study.** This, therefore, purposes to assess the perinatal outcomes and most specifically the gestational diabetes effects. The assessment will explore the incidence rates for macrosomia, neonatal care needs, and the impact of improved outcomes through strategies related to glycemic control.

**Methods and materials.** To these substantiations, databases were screened in Google Scholar and PubMed according to the standards and recommended rules of the American Diabetes Association, with an eye on the publication of the last ten years.

**Results.** The study found a significant link between gestational diabetes and increased macrosomia risk in pregnancy, indicating that neonates require more care. Strict glycemic control reduces risks, making it a key factor in GDM treatment.

**Conclusion.** In fact, gestational diabetes significantly influences perinatal outcomes with increasing risks of macrosomia, which requires neonatal care at an advanced level. This, therefore, increases the importance of uniform glycemic management guidelines in GDM-affected pregnancies to optimize perinatal health. Further research should, therefore, aim at polishing exact glycemic targets and concurrently explore innovative means of managing it in order to improve outcomes for both the mother and offspring.