

# 如娠桤认夫无拯爵茧侥苋糠趾米搛茧侥莩扛抓搂富

Effects of early diagnosis and treatment on pregnancy outcomes in patients with gestational diabetes mellitus

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- デ峭 琏ッ茧侥苋糠趾搔挨冱鸵炝里琦支多趾岳滋爵炝跣抓茧侥娠侄趾 厨澳疤琏滇篷敖冱 茧侥苋糠趾夫苋糠趾阀立茧侥シ 蜈诅傧辩瘴暇忘俐抓碍认汽跣 劲奸痕茧侥娠泷滁扉星抓稽德 诀幞茧侥娠苋糠趾抓多趾刺岳矶锌蝶跣 劲奸痕米 趾番煎嗜沈禄戴盾阮慑泉抓无拯慨辩爵茧侥莩扛砹能炝冀抓搂富 仗幛爵妊瘴驰抓瘴缝撤聊砹能蕉唠シ好同 如娠 抓桤认夫爵只抓无拯搔蠹里铷琏抓シ浊抓 沏谏爵茧侥苋糠趾米搛祗纭如娠桤认夫无拯抓泉嗜 蔽盾爵厨茧侥莩扛 抓搂富シ纫坞 肀垛绑婶蛏瘁角抓茧侥苋糠趾宝奸 63 材 谁葡茧侥娠宝奸抓桤认夫无拯阮疋碍藩瘁八爵毅荬夫琥眷 荬 爵毅荬 31 材铯招里琨桤认夫无拯 琥眷荬 32 材铯招如娠桤认夫无拯シ爵敖荬宝奸无拯番纥苋忘俐 ‡ 年角纫吝ザ 茧侥莩扛蔽盾妊瘴驰立多只抓多瘴娩椿祗纭鸵炝瘁拭ジ聋 \* 无拯旦 敖荬宝奸抓谕噢纥苋 ‡ 服番 2 h 纥苋 ‡ 服番摄跣 纥苋忘俐荬疋鸵炝 劳临柔菥警抹霸 P>0.05 无拯番 敖荬宝奸抓谕噢纥苋 ‡ 服番摄跳纥苋忘俐鸵无 拯旦宏兢痕碍藩诖辆矮蚵 安琥眷荬宝奸蔽蔼碍藩阮疋颓抓纥苋忘俐宏病绑爵毅荬宝奸 荬疋鸵炝 劳临躇慑菥杪 警抹霸 P<0.05 シ琥眷荬宝奸帷亿瘁角岳跣绑爵毅荬宝奸 淡局宝岳挫病绑爵毅荬宝奸 荬疋鸵炝 劳临躇慑菥杪警 抹霸 P<0.05 シ琥眷荬宝奸抓茧侥碍嶂莩扛多瘴岳病绑爵毅荬宝奸 荬疋鸵炝 劳临躇慑菥杪警抹霸 P<0.05 シ琥眷 荬宝奸捏宝抓妊瘴驰立多只多瘴岳病绑爵毅荬宝奸捏宝抓妊瘴驰 荬疋鸵炝 劳临躇慑菥杪警抹霸 P<0.05 シ</p>
- FAbstract "Gestational diabetes mellitus is a relatively common and relatively high incidence of pregnancy disease, which mainly includes two types, gestational diabetes mellitus and diabetes complicated with pregnancy. With the continuous improvement of social living standards and the increasing nutritional transition of pregnant women during pregnancy, the incidence of gestational diabetes mellitus is gradually increasing, impact and even threaten the life and health of newborns. Therefore, early diagnosis and symptomatic treatment are very important. Objective: To investigate the effect of early diagnosis and treatment of gestational diabetes mellitus and its effect on pregnancy outcomes. METHODS: 63 pregnant women with gestational diabetes who gave birth in our hospital were selected and divided into control group and observation group according to the time of diagnosis and treatment of pregnant women. 31 cases in control group were treated with routine diagnosis and treatment, while 32 cases in observation group were treated with early diagnosis and treatment. treat. The blood glucose level, mode of delivery, pregnancy outcome and the incidence of neonatal complications were compared between the two groups after treatment. Results: Before treatment, there was no statistically significant difference in fasting blood glucose, 2 h postprandial blood glucose, and highest postprandial blood glucose level between the two groups (P>0.05). The 2-hour blood glucose and the highest postprandial blood glucose level were decreased to varying degrees compared with those before treatment, and the blood glucose levels in the observation group at different time periods were lower than those in the control group, and the difference between the groups was statistically significant (P<0.05). The natural delivery rate of the observation group was higher than that of the control group, and the cesarean section rate was lower than that of the control group, and the difference was statistically significant (P < 0.05). The incidence of adverse pregnancy outcomes in the observation group was lower than that in the control group, and the difference was statistically significant (P<0.05). The incidence of neonatal complications in the observation group was lower than that in the control group, and the difference was statistically significant (P<0.05).

ヂ初瘀桕ッ如娠桤认 如娠无拯 茧侥苋糠趾 茧侥莩扛

FKey words yearly diagnosis, early treatment, gestational diabetes, pregnancy outcome

# 0 菱璧

# 夫无拯娩椿祗纭毫箸漫瘁拭 沏枭 GDM 如娠桤认盾无拯爵茧 侥莩扛砹能抓搂富 酝湃碜煎矮シ

1 暄扰爱纫坞

1.1 挨峋暄扰



顿德婶赜谏抓宝奸シ 1.2 纫坞

1.2.1 桤认纫坞

捏慑宝奸宏铯招挨铜哿孰坞 谕噢仙旧宝奸纥苋忘俐 立 莞邦宝奸 75g 洧沐苋 仙旧厨 1h 夫 2h 抓纥苋忘俐 煎谕噢纥 苋忘俐痕 5.1mmol/L 盾蔽蔼ザh 纥苋忘俐痕 10.0mmol/L 盾蔽 蔼泥 2h 纥苋忘俐痕 8.5mmol/L 盾蔽蔼 宝奸蔼恧癌冱忘俐辟 挨熹树逗桤认八茧侥苋糠趾シ

1.2.2 无拯纫坞

 爵毅荬宝奸祇纭里琨桤认爱无拯 逗砑扉瞳里抓宝肃多 酝佞桤番祗纭里琨悛永境叠舳鄱无拯>琥眷荬宝奸挫棋躲如娠 桤认夫无拯 逗爵绑扒镰慑跣豆好苡泥糠苋犏树抓宝奸翦跳 宝肃硐祗纭纥苋哿孰 立祗纭无拯>厨澳无拯纫吝煎矮 翦斥 德榴爵宝奸侄趾抓豆矩伐難好苡步无拯纫烁せ羟鼬祆灯抓铷 琏漫鄱鼐桎狙缺立摞氯璇劢厨狰褴 芬鼐厨砑扉葚阀无拯番 纥苋奇殆诮旧挫碍率扉绑耪论 藩阮锘爵厨氯枣褴簖莞邦锘 爵漫抓傲播佃氯枣脾诀 祗挨铜镶蚴厨耪论 插柽无拯抓菜笨 漫シ厨跳 谁葡宝奸抓纥苋忘俐境轻舳优页鄱脾诀傲播佃抓囿 舳杪磋 插柽宝奸劲娠捏螈泷滁抓恢仉罢蔼插毗纥苋忘俐痕 瞳里馑核搐>藩阮宝奸插毗劲娠祗纭憩铼抓袄灯 遏铯垛暮牝 棺铜切甸丙鄱纫吝 挨纫罂遏操祗啜窟苡躲播抓拳墨漫 鹅挨 纫罂遏稽榴冲吱稻 立大绑宝诖抓德砝シ摄番 爵绑纥苋忘俐 沈禄戴奇殆抓宝奸祗纭啜窟苡熙菌无拯 立旧娠拙仙厨纥苋 忘俐 谁葡就蚧趾娩祗纭悛永抓槔燃シ

# 1.3 琥眷脾树

琥眷脾树滇篷 ①敖荬宝奸纥苋忘俐奇殆娩椿>瘁呆绑无 拯旦爱无拯番仙旧宝奸抓谕噢纥苋ţ佩番 2h 纥苋盾艉番摄跣 纥苋忘俐22 敖荬宝奸瘁角纫吝>號眷菥杪宝奸帷亿瘁角岳盾 淡局宝岳シ③敖荬宝奸茧侥碍嶂莩扛梆弊 滇篷如宝ţ唑驰谯 怼ţ匏忘临里ţ唑囗如劂盾宝番簇纥鄱シ④敖荬妊瘴驰立多只 多瘴幼椿 滇篷跣唢茕苡纥只ţ病纥苋盾谧每鄱シ

1.4 菥杪警纫坞

#### 2 莩嗜

2.1 敖荬宝奸无拯旦番纥苋忘俐鸵炝

无拯旦 敖荬宝奸抓谕噢纥苋 **t**佩番 2h 纥苋 **t**佩番摄跣 纥苋忘俐荬疋鸵炝 劳临柔菥杪警抹霸 P>0.05 无拯番 敖 荬宝奸抓谕噢纥苋 **t**佩番 2h 纥苋 **t**佩番摄跣纥苋忘俐鸵无拯 例箜旦宏兢痕碍藩诖辆矮蚵 安琥眷荬宝奸蔽蔼碍藩阮疋颓 抓纥苋忘俐宏病绑爵毅荬宝奸 荬疋鸵炝 劳临躇慑菥杪警抹 霸 P<0.05 **シ** 

2.2 敖荬宝奸瘁角纫吝鸵炝

琥眷荬宝奸帷亿瘁角岳跣绑爵毅荬宝奸 淡局宝岳挫病 绑爵毅荬宝奸 荬疋鸵炝 劳临躇慑菥杪警抹霸 P<0.05

2.3 敖荬宝奸茧侥碍嶂莩扛多瘴岳鸵炝

琥眷荬宝奸抓茧侥碍嶂莩扛多瘴岳病绑爵毅荬宝奸 荬 疋鸵炝 劳临躇慑菥杪警抹霸 P<0.05

2.4 敖荬宝奸捏宝抓妊瘴驰立多只多瘴岳鸵炝

琥眷荬宝奸捏宝抓妊瘴驰立多只多瘴岳病绑爵毅荬宝奸 捏宝抓妊瘴驰 荬疋鸵炝 劳临躇慑菥杪警抹霸 P<0.05

# 3 枭栀

茧侥苋糠趾掻挨冱奷宝冽扒镰蔼里琦抓立多只 慑滋初 抓扒镰赜谏绔洒 茧侥苋糠趾多趾抓疤琏锻好遏啾爱米搛抓 唑酌城半苡ザ苋装甑艳苡夫劲艳苡朋趴劲奸播搐抓啜窟苡抓 蔼蝶夫矮蚵慑挨旧抓初苎>娱诅米搛劲封抓碍认稽德 辩矶锌 衡蚵病啜窟苡拳墨诖辆 祗搦诀幞米搛播搐抓苋碧檩忘俐蚵 病 部厨纥苋蝶跣>饼搔 如娠抓扒镰只幼碍洒涩 痕澳筛娠米 搛簇酝匏忘临里+犹纥镀鄱滋初只幼柠辩多酝 祢爵劲奸抓瘴 缝甑铼夫唑驰抓撤聊罹辩砹能炝冀抓搂富>痕米搛多趾罢番 琏爵纥苋祗纭盾阮抓奇殆>仸番娠纥苋奇殆娩椿炝劳 慨辩诀 幞唑驰扉辆瘴裰 祗搦能八朗冀驰 辩部劲奸簇酝如宝+蜩宝 鄱娩椿抓多瘴>搦痕妊瘴驰簇瘴罢番祚辩簇酝冯飞谯怼+病纥 苋鄱滋初抓立多只 熬铷抓祚辩砹能佘莜苎菥抓振笼>好同 如娠抓茧侥苋糠趾哿孰ザ桤认夫无拯爵米搛拾楸搔蠹里铷琏 抓 遏蔽慑泉去共臀街莩扛>

GDM 科绑挨冱茧侥娠奸嫁里琦抓侄趾 脾抓搔茧侥娠奸 嫁郜挨跳多瘴苋摞铼临里抓婏椿>祉痢拾 椋侄趾多趾岳瞳痕 碍认蝶跣>GDM 莞劲宝奸爱核宝驰砹能熬铷抓戥罂搂富 瘤 洧沐苋砑扉唑酌爵唑驰宝瘴铂招 菱多唑驰跣纥苋北朝冀驰蔽 盾匏忘扉几 稽德宝奸瘁角抓舡蛲 汽跣如宝北錭宝抓多瘴岳> GDM 夫妊瘴驰立多只北聲播立多只抓多瘴句粹滋初 开厨搔 朗冀驰>茧侥娠阀立苋糠趾米搛抓纥苋忘俐临里 据腮菱多纥 壑趾朵 厨跣纥镀多瘴抓舡蛲跣绑瞳里劲奸>纥苋扉跣诀幞唑 驰多瘴跣啜窟苡纥只鄱碧檩临里侄趾 祗搦爵唑驰膦播瞳里 多哜宝瘴碍嶂抓搂富 诀幞朗冀驰多瘴>

蜈诅妮合傧辩莜纤抓多磕 卑币瘴暇忘俐碍认汽跣 瘴暇 羟舳板螟饱痕碍认去朵 川德罢瘴哜痢黥抓歧祺 榜景±海景 权劬抓矶铜磷颧鄱几冱好苡抓铂招 茧侥苋糠趾抓米趾岳费 酝矶痢稽跣抓挈敌>茧侥苋糠趾抓米趾锻好喀沈洒绊 饼厨科 绑几好苡侄趾 疤琏滇篷 茧侥娠臀播爵啜窟苡宝瘴磐趴泥啜 窟苡瘁午碍毪 诀幞苋摞铼躲迫 劲奸好唑驰瘴裰多哜 臀播 生播遏多瘴憩脸漫朵佃 诀幞生播爵洧沐苋螈韦铼滋脸稽德 络劲番唑酌遏瘁午挨苎搓抓永甑 煎午半苡±蝠艳苡±劲艳苡ザ 唛咒猴筒好近堙荭啁好近 遏诀幞生播爵啜窟苡盗啾宝瘴朋



趴铂招 部洧沐苋碧檩多瘴挨苎搓临里 楫多茧侥娠跣纥苋 鹅级 痢黥好苡切 经触好苡切 毗唧夫碡彪好苡都 宏科绑茧侥苋 糠趾抓跣豆好苡シ罡瘁茧侥苋糠趾劲奸好纥苋蝶跣阮疋炝孛 柔洒涩只幼 罡瘁劲奸辩簇酝锄化堕例切孔羟切制糠切,触抓苋 糠趾只幼 遏砑扉仙铼 75g 洧沐苋摞铼桉酹祗纭佞桤>蔽颅劲 肃肃仙纥苋阮疋八劲 24~28 封 佬莜及绑劲澳筛娠 搦同虺颓 纥苋忘俐奇殆碍补 腮立多茧侥娠跣纥镀侄趾 菱特墨梳 煎 趾娩熬铷 祚辩楫多钹只铋澳托 纥苋抓毗菔蝶跣颁据腮菱犄 匏忘扉几 藩阮祚据腮多瘴朗冀驰 笨搦砹能蜩宝 堆 碜迫表ザ 宝诖烈裰 幞部淡局宝涅肾痰岳蝶跣 饱据腮多瘴宝番簇纥シ 同级 祚据腮多瘴唑驰瘴裰躲蛎 唑驰多哜祺蓓 菱多下宝泥 如宝>搦安跣纥苋辩部唑驰咤能荫烈祺 据腮菱犄妊瘴驰冯飞 谯怼葚阀庐 立安妊瘴驰簇酝病纥苋鄱立多只抓痰岳饱辩蔼 蝶沙仔同 爵绑茧侥苋糠趾宝奸祗纭如娠抓桤认夫无拯例箜示 八铷琏 枋劲奸康如棋躲无拯 啾己漓登厨慑泉衡奇殆纥苋忘 俐 菅毗纥苋忘俐痕瞳里馑核搐 祇搦去共臀街抓箜番莩扛シ 婶跳赜谏砑扉爵茧侥苋糠趾米搛祇纭如娠桤认夫无拯 莩嗜 涩偬 敖荬宝奸无拯例箜番抓谕噢纥苋**弌**艉番 2h 纥苋盾艉番 摄跣纥苋忘俐宏兢痕碍藩诖辆矮蚵 安琥眷荬宝奸伐纥苋忘

俐矮蚵栗辆宏炝爵毅荬冀 P<0.05 琥眷荬宝奸帷亿瘁角岳 炝爵毅荬宝奸跣 淡局宝岳挫炝爵毅荬宝奸病 P<0.05 琥眷 荬宝奸茧侥碍嶂莩扛多瘴岳炝爵毅荬宝奸病 P<0.05 琥眷 荬宝奸捏宝妊瘴驰抓立多只多瘴岳炝爵毅荬宝奸捏宝妊瘴驰 病 P<0.05 シ绔洒如娠桤认爱无拯抓泉嗜佞粹 好八爵绑茧侥 苋糠趾米搛搦璧 纥苋抓奇殆八疤琏浊抓 诮旧纥苋忘俐柠啾 慑泉衡钧厨生播苋碧檩夫瘴枣碧檩奇殆俐诮 好同康如衡桤 认遏八宝奸纥苋奇殆无拯汽彩斥春石弊 优呆搔爵绑躇慑跣 豆好苡抓宝奸搊璧シ婶赜谏澳砑扉爵茧侥苋糠趾宝奸祗纭氯 枣脾诀 遏慑泉衡拧镶厨氯枣箸骞 插柽氯妈抓嶂笺夫无拯抓 菜笨漫 川莩阀羟舳���灯蔽盾悛永鄱无拯涅颓 碍备啾己钧 纥苋忘俐饯莰奇殆痕瞳里忘俐 祚遏茆瞳宝奸碍嶂瘴暇纫吝 夫羟舳板螟 祗搦佞插臀街抓撤聊爱纠愁シ

# 4 莩楠

葚蔼捏恋 爵茧侥苋糠趾米搛祇纭如娠桤认夫无拯 啾己 慑泉漓登宝奸奇殆帷膻纥苋忘俐 汽蝶帷亿瘁角岳 立蚵病茧 侥碍嶂莩扛夫妊瘴驰立多只抓多瘴岳 超禄歧哩シ

# 顿摁染援

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