

光明区妊娠期糖尿病患病情况及危险因素研究

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【摘要】目的: 研究分析光明区妊娠期糖尿病患病情况及危险因素。方法: 从我院门诊随机抽取妊娠期妇女 652 例, 在 24-28 周行 OGTT, 根据 OGTT 结果诊断为妊娠期糖尿病患者 135 例, 采用问卷调查及多因子 Logistic 回归分析方法, 对患者 GDM 患病情况及危险因素进行调查分析。结果: 我院 GDM 患病率 20.71%。135 例患者中年龄在 35 岁以上的居多 (80%), 无糖尿病家族史占比 87.4%, 产检次数 4-10 次 (72.6%), 还有孕期增重超过 12.5kg (61.5%), 孕前 BMI 超过 24kg/m² 的占比 56.3%, 对 GDM 认知了解程度为一般 (57.8%), 患者间生育间隔小于 3 年的占比 48.1%, 其次间隔为超过五年 (34.8%)。对妊娠期糖尿病影响因素的分析, 在 Logistic 回归分析中, 年龄、孕期增重、孕前 BMI、产检次数为危险因素 (P<0.05)。结论: 年龄、产检次数、孕前 BMI、孕期增重等是影响 GDM 发生的独立危险因素, 医院还需要采取更有效的健康教育方法, 加强对育龄女性的健康认识, 切实减少 GDM 等孕期健康问题。

【关键词】: 光明区; 妊娠期糖尿病; 患病情况

Prevalence and Risk Factors of Gestational Diabetes Mellitus in Guangming District

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Abstract: Objective: To study and analyze the prevalence and risk factors of gestational diabetes mellitus (GDM) in Guangming area. Methods: A total of 652 pregnant women were randomly selected from the outpatient department of our hospital, and OGTT was performed at 24-28 weeks. According to the OGTT results, 135 patients were diagnosed as GDM. Results: The prevalence of GDM in our hospital was 20.71%. Most of the 135 patients were over 35 years old (80%), had no family history of diabetes (87.4%), had 4-10 times of prenatal examination (72.6%), had a gestational weight gain of more than 12.5kg (61.5%), and had a pre-pregnancy BM of more than 24kg/m² (56.3%). The degree of understanding of GDM was general (57.8%). 48.1% of the patients had an interval of less than 3 years, followed by an interval of more than 5 years (34.8%). For the analysis of the influencing factors of GDM, age, gestational weight gain, pre-pregnancy BMI and the number of prenatal examinations were risk factors in Logistic regression analysis (P < 0.05). Conclusions: Age, frequency of prenatal examination, pre-pregnancy BMI and gestational weight gain are independent risk factors for the occurrence of GDM. Hospitals also need to take more effective health education methods to strengthen the health awareness of women of childbearing age and effectively reduce GDM and other health problems during pregnancy.

Keywords: Bright area; Gestational diabetes mellitus; Prevalence

椒妻婚σ她♀侵誓信刺伉婚σ† (6)咕怒恚怒扇徙她伐♪誓
堡↳听伉懿儋伐(口)誓周倚周周听! 嫁吟她婚σ抓嘤誓kℓ呀†
密伉信孺俊乔暨GDM際她♀乔克恚哧侧她(株)桐↑ 伉信唔孺俊
乔听亡伉办偈↳ 天誓孺▷ 恚噪兑誓伉办偈唔挽σ♀攏她(口)↑
峇天誓孺俊乔她噤夔吶噓▷ μℓ墀撑掣丁擦冶她博↳ 脛↳†† 誓
乔剥恹扇她势慰拯促惹三嶰借學↳ 唏↳ 声⊕岫僚巡揀噤夔↑
扁↳ Gh(口)伉挽她伉信唔孺俊乔♀乔座唯↳ † 偶伉湊侧她儻
↳↑ 慷↳ 攏罔復啻悒↳ 挥擗、徑恚偶↳ 伉叭嬋叹冗僚伶
學俱才纳デ↑

GDM 听伉信唔挽唔兑兕她! 兢兢♀失誓听! 嫁▷ 恚噪
夫乔誓ナ⊕伉听伉信天唔孺▷ 恚噪兑勒慰⊕† 咕拓伉她孺履
扉写兑(2)↑ 伉信唔孺俊乔nA侈一吹、↳ 探、↳ 脛、↳ 且↳
龔mV孺恹寬μℓ失↳ 心攏丰嗚↳ 座↳、徑、nm孺俊乔↳ 儻悻干

丁攏塵⊕倮嫗岙岙她(株)桐↑ 椒妻↳ 倮叭嬋她儻否誓擗擗、徑
同扉吳鳴侈偶誓信孺俊乔♀乔座† 咕勃† (E)誓↳ 听誓伉夕
份糞伴↳ 誓做夕份糞伴↳ 她伉信唔孺俊乔势慰她ヤ丹墀儿慶
瞪咕惹三夕揖她乙哑↑ 咤媼媼† 徙拘傲廿吳(口)伉信唔孺俊乔
势乔刺儿⊕(株)桐伶學誓廿吳(口)呱懦々媼她乙倏扉听
8000-100000 ■ 啻誓同鹵恹偶誓咤吐傲儺♀懷乙惹三媼媼乙
哑↑

1 资料与方法

1.1 研究对象

| 劫拈掌兮椒咪♀♀保信唔信信 652 | 誓伉 24-28 log 3
OGTT 誓嗽鹵 OGTT 家畔伉吡† 伉信唔孺俊乔势慰 135 | 誓
↳ 扫孺俊乔μℓ兢保信孺刺儿↑ 势慰伉† 估刺誓坳优翹擗
暨28.6±4.1際信↑ 傲勃咕势慰惹三孺孺妒話⊕势乔忝冷怫呼↑

