

Preface

Diabetes (Type 1, Type 2 or gestational) in pregnancy can have adverse consequences for the fetus and post-natal growth. The effects of maternal diabetes can also persist into adulthood via fetal programming. Breastfeeding may also be problematic. However, these are simple concepts as maternal diabetes can also be considered as a global issue. Worldwide, gestational diabetes occurs once in every twenty-five pregnancies. In the United States the present rate of gestational diabetes lies between 5 and 9%. However, regardless of its aetiology, diagnosis or prevalence, it is important to point out that nutritional and/or dietary factors play an integral part in maternal diabetes. For example good dietary practises and advice are beneficial in maintaining adequate blood glucose control. Poor dietary practises before pregnancy, on the other hand, leads to an increase in body mass index (BMI), which in turn is a risk factor for both Type 2 and gestational diabetes. These interrelationships between diagnosis, causative factors, outcomes, diet and nutrition are complex. They involve molecular biology, cells and organs. Hitherto these associations and links have not been previously formulated into a single scientific treatise. This is however addressed in **Nutrition and Diet in Maternal Diabetes: An Evidence Based Approach**. Coverage including global and country-specific aspects, diagnosis and biomarkers, genetics and gene expression, signalling, neurology, obesity, cardiovascular disease, polycystic ovary syndrome, glucose and insulin metabolism, minerals, vitamins, fatty acids, dietary supplements, exercise and many other areas. Where appropriate, chapters have a section on either *Recommendations* or *Guidelines* and all contributions have a set of **Key Points**.

Contributors are authors of international and national standing, leaders in the field and trendsetters. Emerging fields of science and important discoveries are also incorporated in **Nutrition and Diet in Maternal Diabetes: An Evidence Based Approach**.

This book is designed for nutritionists and dietitians, endocrinologists, public health scientists, medical doctors, midwives, obstetricians, paediatricians, epidemiologists, health care professionals of various disciplines and policy makers. It is designed for teachers and lecturers, undergraduates and graduates, researchers and professors.

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