

**IMPORTANCE OF PREGONCEPTIONAL CONTROL OF
DIABETES IN PREVENTION OF CONGENITAL
MALFORMATIONS IN THE INFANTS OF
DIABETIC MOTHERS**

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Effect of preconceptional control of diabetes in preventing congenital malformations in infants of diabetic mothers was studied. Six overt diabetic women (two IDDM and four NIDDM) with previous history of delivering infants with congenital anomalies received intensified antidiabetic therapy in the preconceptional period. Glycosylated HbA1 and fasting blood glucose was brought within normal limits in the preconceptional period and these levels were maintained in the crucial first seven weeks of gestation and later part of the pregnancy as well. All the six women delivered healthy infants without congenital malformations. Follow up at the age of 3 months-with skeletal X-rays and echocardiography did not reveal any congenital anomalies. Our observations suggest that strict control of diabetes during preconceptional period and crucial first seven weeks of gestation can prevent the congenital anomalies and reduce the perinatal mortality in the offsprings of diabetic mothers.