

Abstract

This bachelor's thesis deals with the subject of women with gestational diabetes. It focuses on changes in the diet and lifestyle of pregnant women with and without diagnosed gestational diabetes mellitus.

In the theoretical part, the pre-pregnancy diet and the pregnancy diet are gradually analyzed, as the correct composition of the diet proves to be the most effective treatment in most cases of GDM. It also describes the disease GDM and everything related to it - its definition, occurrence, risk factors, mechanism of origin, consequences, diagnosis and treatment.

The practical part of the work describes the results of a questionnaire survey. The questionnaire focused on risk factors for the development of GDM in the interviewed women, as well as dietary changes after the diagnosis of GDM, information about healthy lifestyle provided by gynecologists and the role of a nutrition therapist in educating pregnant women about diet.

The aim of the study was to determine the eating habits, level of physical activity and lifestyle of the interviewed women with GDM, comparing those to their habits before the diagnosis of GDM, and to discover whether there is a possible connection between the development of the disease and eating habits and lifestyle of women . Besides, it shows how a nutritional therapist could have a positive effect on eating habits of pregnant women. It also examines the extent to which the development of GDM is influenced by known risk factors such as age, BMI and positive DM family history.

The results of the work showed that the information about the proper diet of pregnant women provided in gynecological surgeries is not sufficient and its importance is not emphasized enough. This prevents early improvement of eating habits and lifestyle , thus making early and effective prevention of GDM impossible. Further results show that known risk factors do not necessarily imply the diagnosis of GDM and that even women without known risk factors can be tested positive for GDM. For that reason screening is the only reliable method for recognizing GDM in all pregnant women.

Key words: gestational diabetes, pregnancy nutrition, diabetic diet