

ABSTRACT

Gestational diabetes is a temporary disorder of glucose metabolism that occurs during pregnancy. In recent years, its incidence has been increasing, making this topic ever more pertinent. Furthermore, many myths still surround the disease and its treatment, some of which are addressed in this bachelor's thesis.

The theoretical part covers the development of gestational diabetes, its diagnosis, complications, treatment, and some myths regarding the nutrition of pregnant women with GDM. The practical part includes research involving the creation of two independent anonymous questionnaires, which were distributed to patients at a diabetic outpatient clinic. The aim was to assess how well-informed the patients are, whether they are influenced by myths, and how the disease and its treatment affect their lives.

The results of the practical part demonstrated that women, prior to professional education, are influenced by nutritional myths but do not underestimate the disease, and that being well-informed helps them better manage dietary changes. These insights can be used in patient education. Proper and timely education can motivate and support patients in adhering to their treatment regimen.