

## Correspondence

### Gestational diabetes mellitus & associated risk factors

Sir,

We read with interest the article on prevalence of gestational diabetes mellitus and associated risk factors at a tertiary care hospital in Haryana published recently<sup>1</sup>. As pointed out by the authors, as per an earlier study conducted at various centres across India the prevalence of gestational diabetes mellitus was found to be 16.55 per cent<sup>2</sup>. This makes gestational diabetes mellitus an important area for research. I have some reservations with the criteria used to define body mass index (BMI) in this study. The cut-offs used in this study are applicable to normal adult population and cannot be applied to pregnant women. It is expected that a pregnant women will gain weight due to pregnancy, which may affect her BMI. Therefore, BMI in pregnancy needs to be viewed in light of this weight gain. The following guidelines by Mayo Clinic can be considered before deciding on the status of obesity in pregnancy<sup>3</sup>.

The situation is further complicated in case of a twin pregnancy. Another area of concern is the universal use of Kuppuswamy scale for assessment of socio-economic status in study population without reflecting on the residential status of the study participants.

**Sunil K. Raina**

Department of Community Medicine  
Dr Rajendra Prasad Government  
Medical College, Tanda  
Kangra 176 001, (Himachal Pradesh), India  
ojasrainasunil@yahoo.co.in

#### References

1. Rajput R, Yadav Y, Nanda S, Rajput M. Prevalence of gestational diabetes mellitus & associated risk factors at a tertiary care hospital in Haryana. *Indian J Med Res* 2013; 137 : 728-33.
2. Seshiah V, Balaji V, Balaji MS, Sanjeevi CB, Green A. Gestational diabetes mellitus in India. *J Assoc Physicians India* 2004; 52 : 707-11.
3. Pregnancy weight gain: What's healthy? Available from: [www.mayoclinic.com](http://www.mayoclinic.com), accessed on May 25, 2013.

Pre-pregnancy weight	Recommended weight gain
Underweight (BMI <18.5)	28 to 40 pounds (about 13 to 18 kg)
Normal weight (BMI 18.5 to 24.9)	25 to 35 pounds (about 11 to 16 kg)
Overweight (BMI 25 to 29.9)	15 to 25 pounds (about 7 to 11 kg)
Obese (BMI ≥30)	11 to 20 pounds (about 5 to 9 kg)