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PhD Thesis Title:	Resting metabolic rate and adherence to the Mediterranean Diet in pregnant women with gestational diabetes: Their role in the regulation of gestational diabetes and its outcome
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Abstract:	<p>Gestational diabetes (GDM) is a disorder of glucose metabolism, which occurs or is diagnosed for the first time during gestation. Gestational diabetes usually occurs at the end of the second trimester, after the 24th week of gestation and disappears with the end of it, while its consequences affect both the mother and the neonate.</p> <p>According to most recent epidemiological data, one out of 12 pregnant women will develop gestational diabetes, making the disorder the most common one during pregnancy. The nutritional therapy is the cornerstone for the treatment of women with GDM, while for the 80-90% of these women the management of glucose levels and the reduction of the risk of negative perinatal outcomes is also achieved through it.</p> <p>The adherence to the Mediterranean diet seems to have a positive correlation with the better management of blood glucose in women with or without GDM. An additional factor which also affects the development of GDM is the increased gestational weight. While the change of body weight affects the development of GDM and in turn the body weight interacts with RMR, potentially the changes of RMR during gestation may affect the development of GDM. Considering that, the compliancy on MD and the consequences of it in the management and development of gestation with GDM has not been studied sufficiently in Greek pregnant women, in this study we will explore the above role on the 2nd and 3rd trimester of pregnancy in relation to the outcome of gestation. Furthermore, since RMR during gestation has not been measured in the Greek population so far, it will be interesting to assess and evaluate the possible correlation of RMR with GDM.</p>
Keywords:	Gestational Mellitus Diabetes, Mediterranean diet and GDM, RMR and GDM.