



TITLE: Congenital defects present in the offspring of diabetic, obese and hypertensive women

Name: Yudelmis Álvarez Gavilán

Affiliation: PhD student at the University of León, Spain

Country: Cuba

Email ID: yudelmism1@gmail.com

ABSTRACT (upto 300 words)

Introduction: Diabetes mellitus, obesity and hypertension during pregnancy are considered the most frequent causes of maternal and / or fetal morbidity and mortality due to their complications, so the objective of this research was to relate the preconceptional control of these diseases, with the appearance of congenital defects in the offspring of affected women.

Methods: A cross-sectional analytical study was conducted in Artemisa municipality, during 2019-2021, in the 1895 pregnant women captured during this period, of whom 755 had diabetes, obesity or hypertension.

Results: Of the 1895 pregnant women, 103 had major congenital defects in their offspring, 85 had hyperglycemia peaks accompanied by obesity and / or hypertension. Among the three diseases studied, diabetes without preconception was the most frequent in women with children with abnormalities, predominantly digestive, cardiovascular and nervous system, while controlled and compensated diabetic mothers, previously and throughout their pregnancy, did not have children with congenital defects. Hypertension and obesity were the main risk factors present in underweight and preterm infants.

Conclusions: There is more risk for a pregnant woman to have children with congenital defects, if she suffers from diabetes associated with obesity and / or hypertension, not controlled from the preconception stage. On the other hand, its adequate and timely control equals this risk with that of non-diabetic women, which is an essential aspect to reduce the incidence of congenital defects, one of the main causes of mortality in children under one year.

BIOGRAPHY (upto 200 words)

- Name: Yudelmis Álvarez Gavilán.
- Email: yudelmism1@gmail.com
- Date of Birth: September 8, 1982.
- Place of Birth: Marianao, Havana City, Cuba.
- Sex: Female.
- Nationality: Cuban.
- Cellphone: +34622020794
- Current position: PhD student at the University of León, Spain.
- Graduated: Degree in Biology, from the University of Havana, in 2005.
- Master Degree in Medical Genetics in 2009, at the National Center of Medical Genetics of Cuba.
- Associate Professor in Medical Genetics since February 2015.
- Research category: Associate Researcher.
- Postgraduate courses taught: 36
- Postgraduate courses received: 61



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- 19 publications (12 as the first author)
- Research projects in which she participate: 9 (1 of these where she is the principal investigator)
- Speaker in 34 national and provincial events, 5 international events: International Congress of Community Genetics, Cuba 2017; International Nursing Congress in September 2017, International ELAM Graduates Event in April 2018, International Congress Diabetes 2020, International Conference Alergologist 2020, International Conference Diabetes 2022, International Conference Neurologyst 2022.
- President of Teaching Category Court.
- Scientific Societies to which she belongs: Scientific Society of Community Genetics and Cuban Society of Educators in Health Sciences.

LANGUAGES

Mother tongue: Spanish

Other languages: English and Portuguese language (Listening, Reading, Spoken interaction).

Presenter Name: Yudelmis Álvarez Gavilán.

Mode of Presentation: Oral/Poster.

Contact number: +34622020794



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www.scientexconference.com

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+1-346 291 8325