

## GESTATIONAL DIABETES MELLITUS: UNDERSTANDING THE MECHANISMS AND MANAGING THE CHALLENGE

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*Gestational diabetes mellitus (GDM) is an emerging public health challenge affecting 15.8% of live-birth globally and in India it ranges between 3.8 and 21% depending on geographical location and diagnostic criteria. GDM is associated with a number of health problems both in mother and the fetus; hence it is important to retard its prevalence and associated perinatal complications, in cost-effective manner. In this backdrop, the aim of the present work is to highlight the underlying pathophysiological mechanism and efficacy of dietary intervention to address the challenge of GDM.*

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