



The Benefits of Exercise and Dietary Factors to Prevent Gestational Diabetes Mellitus

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Message from the Guest Editor

Dear Colleagues,

Gestational diabetes mellitus (GDM) is a type of diabetes first diagnosed during pregnancy, with increased morbidity and mortality for both mother and fetus. The associated hyperglycemia develops due to the reduced status of insulin sensitivity, attributed either to the increased degree of overweight/obesity of the mother or to the presence of PCO syndrome, the burdened family history and the higher age of the mother.

Increased physical activity has been well documented to be beneficial for improving insulin sensitivity with direct regulation of various biochemical and molecular mechanisms, while supporting the loss of the excess weight of the mother. Additionally, incorporating a balanced diet, rich in nutrients, possesses a crucial role in the management of insulin resistance.

Therefore, a healthy prenatal, or early in pregnancy, lifestyle plays a significant role in the prevention of gestational diabetes mellitus, and manuscripts addressing the above subjects are welcomed for submission in this Special Issue, particularly when they combine the above-mentioned topics for the prevention of GDM development

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Guest Editor





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