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Value of breastfeeding in Pregnant with gestational diabetes mellitus

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Abstract

Background:

Breastmilk was proved to have beneficial effects on lessening the comorbidities associated with gestational diabetes mellitus (GDM) and decreases the risk of diabetes mellitus type 2 (T2DM).

Aim: The purpose of this study is to review the benefits of breastfeeding in Pregnant with gestational diabetes mellitus.

Methods

This is a systematic review performed according to PRISMA guidelines for reporting on systematic reviews. Medline, Pubmed, Web of Science Citation Index and Cochrane Central Register of Controlled Trials Registry, were searched electronically in January 2020, using key words "breastfeeding", "breastfeeding" and "gestational diabetes". The inclusion criteria were studies written in English which evaluated the benefits of breastfeeding in Pregnant with gestational diabetes mellitus.

Discussion:

Breastfeeding or feeding mother's own milk reduces the risk of short-and long-term morbidities for mothers with GDM or diabetic mothers. The mechanisms by which human milk provides protection against developing T2DM is attributed to the breastfeeding hormones as prolactin, has a vital role in the regulation of insulin secretion and glucose homeostasis. Also, breastfeeding improve insulin sensitivity. by mobilizing non-adipose tissues lipids derived of the liver and muscle into breast milk rather than redirecting lipids into adipocytes that are already enlarged. In the postpartum period, non-lactating, insulin-resistant women may be more likely to store lipids in non-adipose tissues, further disrupting the balance between insulin secretion and insulin sensitivity. Serotonin also was found to affect the maternal progression to T2DM after delivery.

Conclusion:

Based upon our results we concluded that breast milk improves glucose tolerance, and has favorable immediate and short-term outcomes on glucose homeostasis, either in the mothers with GDM or diabetic mothers.

Keywords: Breastfeeding, gestational diabetes

Abbreviations: T2DM, GDM

Funding and Conflicts of Interest

None