

Special Issue

Prevention, Diagnosis, and Treatment of Gestational Diseases

Message from the Guest Editor

Effective prevention, early diagnosis, and proper treatment are crucial to ensure maternal and fetal well-being. Prevention involves maintaining a healthy lifestyle before and during pregnancy. Regular prenatal care, balanced nutrition, exercise, and avoiding harmful substances like tobacco, alcohol, and certain medications can significantly reduce the risk of gestational diseases. Genetic counseling and preconception check-ups are also helpful for women with a family history of certain conditions. The diagnosis of gestational diseases typically involves routine prenatal screenings and medical evaluations. Common diagnostic tools include blood tests, ultrasounds, glucose tolerance tests, and urine analysis. Gestational diabetes is often managed through diet, exercise, and insulin, if necessary. Preeclampsia may require medications to lower blood pressure, as well as bed rest. Infections are treated with the appropriate antibiotics. In severe cases, hospitalization may be necessary to ensure the safety of both mother and baby. Comprehensive prenatal care, combined with early diagnosis and timely treatment, plays a vital role in preventing and managing gestational diseases.

Guest Editor

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Deadline for manuscript submissions

31 January 2026



Life

an Open Access Journal
by MDPI

Impact Factor 3.4
CiteScore 6.0
Indexed in PubMed



mdpi.com/si/236413

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