

## 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

Dr. Andrea Suranyi

Department of Obstetrics and Gynecology, University of Szeged, H-6725 Szeged, Hungary

---

### Deadline for manuscript submissions

closed (31 January 2026)



## Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



[mdpi.com/si/236413](https://mdpi.com/si/236413)

*Life*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[life@mdpi.com](mailto:life@mdpi.com)

[mdpi.com/journal/  
life](https://mdpi.com/journal/life)





# Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



[mdpi.com/journal/  
life](https://mdpi.com/journal/life)



## About the Journal

### Message from the Editor-in-Chief

*Life* (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

---

### Editor-in-Chief

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona  
Institute of Science and Technology, 08028 Barcelona, Spain

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, CAPIus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Biology) / CiteScore - Q1 (Paleontology)