

Press release

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Basic information

Name: Mette Smith Bisgaard Email: mettebis@clin.au.dk Phone: +45 30 70 82 89

Department of: Clinical Medicine

Main supervisor: Per Glud Ovesen, MD, DMSc, Professor

Title of dissertation: Physical activity during pregnancy and its effects on postprandial blood glucose

Date for defence: 26 February 2021 at (time of day): 12:30-14:30 Place: Online

Press release (Danish)

Fysisk aktivitet under graviditeten og effekt på blodsukkeret

Overvægt og inaktiv livsstil er en global udfordring. Prævalensen af livsstilssygdomme er stigende. På verdensplan påvirkes hver sjette graviditet af forhøjet blodsukker, og svangerskabssukkersyge er i dag den hyppigste medicinske komplikation i graviditeten. Forhøjet blodsukker under graviditeten øger risikoen for en lang række komplikationer i forbindelse med graviditet og fødsel, men kan også på længere sigt medføre alvorlige følgevirkninger hos både mor og barn.

Fysisk aktivitet udgør et vigtigt element i forebyggelse og behandling af forhøjet blodsukker. Vi mangler viden om, hvordan og hvor meget gravide kvinder er aktive, og om hvordan vi med fysisk aktivitet opnår den bedst mulige effekt på blodsukkeret hos den gravide kvinde. PhD projektet bidrager med ny viden om, hvordan og hvor meget gravide kvinder er fysisk aktive. Desuden undersøges hvordan fysisk aktivitet efter et måltid påvirker blodsukkeret hos den gravide kvinde.

PhD-projektet er fra Aarhus Universitet, Health. Projektet er gennemført af Mette Smith Bisgaard, der forsvare det d. 26. februar 2021.

Forsvaret af PhD-projektet er offentligt og vil pga COVID-19 restriktioner blive gennemført virtuelt. Forsvaret finder sted den 26. februar 2021 kl. 12.30. Link til virtuel deltagelse kan tilsendes ved kontakt til Mette Smith Bisgaard. Titlen på projektet er "Physical activity during pregnancy and its effects on postprandial blood glucose".

Yderligere oplysninger kan fås ved kontakt til PhD-studerende Mette Smith Bisgaard, e-mail: mettebis@clin.au.dk, tlf. +45 30 70 82 89.

Bedømmelsesudvalg:

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Press release (English)

Physical activity during pregnancy and its effects on postprandial blood glucose

Obesity and sedentary behavior are a global challenge. The prevalence of non-communicable diseases is increasing. Gestational diabetes is the most common medical complication of pregnancy, and worldwide, one in six pregnancies is affected by hyperglycemia. Hyperglycemia during pregnancy affects both mother and child because it increases the risk of adverse outcomes both short and long term. Physical activity is a cornerstone in the prevention and treatment of hyperglycemia. Knowledge on habitual physical activity during pregnancy is sparse and how to reach the most beneficial effect on blood glucose in pregnant women need to be addressed.

The PhD project explores the patterns of physical activity among pregnant women and examines the effects of postmeal physical activity on glucose levels in pregnant women.

The project was carried out by Mette Smith Bisgaard, who is defending her dissertation on February 26, 2021.

The defence is public and will due to COVID-19 restrictions be conducted virtually. The defence takes place on February 26, 2021 at 12:30 pm online. The link is available from Mette Smith Bisgaard. The title of the project is "Physical activity during pregnancy and its effects on postprandial blood glucose". For more information, please contact PhD student Mette Smith Bisgaard, email: mettebis@clin.au.dk, Phone +45 30 70 82 89.

Assessment committee:

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