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Article

[Henrique Dias](#) · Nov 30, 2022 3m read

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## The motivation behind Pregnancy Symptoms Tracker

I've been working for 19 years in the technology field, and on this journey, I was able to be part of several projects on numerous fronts; however, the health area is one of the areas that attract me the most.

So whenever we get a chance to create something focused on health, using the FHIR protocol is exciting.

But, a team of 3 IT guys with a tech background would not be enough to deliver something really useful, and for a topic as important as women's health, we brought to the team someone who really understands the subject.

Talita Yurie Nakata, M.D., obstetrician and gynecologist, she is a professional with more than 15 years of experience and with more than 1,000 deliveries in her carrier. With her vision and guidance, we understood the importance of this idea and how much it can help physicians and patients.

The idea behind our application is to empower patients (pregnants) with their information and allow them to update their data, so doctors who monitor the pregnancy can stay informed and be alerted in case of anything out of the ordinary. happen.

With the data of 2 indicators of the patients (weight and blood pressure), we were able to monitor and prevent the pregnancy from having unwanted complications. (Obviously, for a more accurate view, the more information we have, the better, but for this MVP, we will use these two pieces of data)

Excess weight carries the risk of gestational diabetes, and high blood pressure can cause eclampsia.

And both bring many problems for mothers and babies, as can be analyzed in the following articles:

Maternal Obesity and Risk of Gestational Diabetes Mellitus

<https://diabetesjournals.org/care/article/30/8/2070/28574/Maternal-Obesity-and-Risk-of-Gestational-Diabetes>

Pre-Pregnancy Obesity, Excessive Gestational Weight Gain, and the Risk of Pregnancy-Induced Hypertension and Gestational Diabetes Mellitus

<https://www.mdpi.com/2077-0383/9/6/1980>

Influence of maternal obesity on the association between common pregnancy complications and risk of childhood obesity: an individual participant data meta-analysis

<https://www.sciencedirect.com/science/article/abs/pii/S2352464218302736>

FioCruz: Oswaldo Cruz Foundation

Gestational obesity: an alert situation

<https://portal.fiocruz.br/noticia/obesidade-gestacional-uma-situacao-de-alerta>

I also quote an excerpt from the [Febrasgo](#) treaty (Brazilian Federation of Gynecology and Obstetrics Associations)

Women with type 1 diabetes, type 2 diabetes or gestational diabetes are at increased risk of developing preeclampsia. The first two situations are associated with chronic low-grade inflammation (Nunemaker, 2016), which add to the fact that pregnant women with pre-eclampsia tend to be insulin resistant before pregnancy, and this may be one of the reasons why women with diabetes are more likely to develop preeclampsia (Scioscia et al., 2009). Pregnant women with gestational diabetes have an immune profile

similar to that of pregnant women with preeclampsia, as there is evidence of endothelial dysfunction

## Acknowledgment

Once again, we would like to thank you for all the support from the community in each of the applications we create.

If you found our app interesting and contributed some insight, consider voting for our app. 😊

If you like the app and enjoy what we are doing in the community, please vote for [Pregnancy Symptoms Tracker](#) and help us on this journey!

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