

What are the Chances of Gestational Diabetes?

SCENARIO:

A family friend who is 24 weeks pregnant expecting her first child has been asked by her OB/GYN to have an Oral Glucose Tolerance Test to screen for gestational diabetes. What is your advice to this woman? Why is every woman screened for this between 24-28 weeks?

Gene Splash

Many people know someone who has experienced Gestational Diabetes (GDM). Here is what the research indicates:

- Gestational Diabetes (GDM) is glucose intolerance with the onset or first recognition during pregnancy
- The prevalence of GDM is 2-6% for the general public, however risk for developing GDM vary based on racial/ethnic differences
- For women with GDM, there is a strong risk factor for Type 2 diabetes
- There are many risks to mother and baby associated with hyperglycemia in pregnancy

Edition
14

CLINICAL
IMPLICATIONS



Who do you
know with
Gestational
diabetes?



Selma Hayek

Know the Risks of Gestational Diabetes:

Gestational diabetes is a **multifactorial disorder**, influenced by genetic AND environmental factors

- Prevalence of GDM in high risk population such as Asian Indians and Asian Pacific Islanders is 10-22% of pregnancies
- Complications associated with uncontrolled GDM include preterm labor, birth trauma, miscarriage, stillbirth, congenital abnormalities, large birth weights, growth restrictions and more.
- After delivery, the insulin resistance returns to normal for most women.
- Half of women with GDM are expected to develop Type 2 diabetes within 5 years
- Greater than 50% of women have recurrent GDM in subsequent pregnancies
- The risk for Type 2 diabetes for mom later in life is 7 times greater in women with GDM vs. women without!

For questions, contact members of the Gene Team,
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Source:Wung, Shu-Fen; Lin, Pei-Chao. Shared genomics of type 2 and gestational diabetes mellitus.(2011) *Annual Review of Nursing Research*, 2011; 29: 227-60.