



مركز المعلومات الدوائية
Drug Information Center

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Type II Diabetes Mellitus risk after Gestational Diabetes

Gestational diabetes mellitus (GDM) is a type of diabetes that is diagnosed during pregnancy and increases risk of complications on mothers and babies. Babies born to mothers with uncontrolled gestational diabetes can be overly large at birth, making delivery more dangerous. These babies can also have breathing problems. Moreover, children exposed to diabetes in the womb are more likely to become obese during childhood and adolescence, and develop type 2 diabetes later in life. (1)

Risk factors for gestational diabetes

Any pregnant woman can develop gestational diabetes, but some women are at greater risk than are others. Risk factors for gestational diabetes include: (2)

- **Age.** Women older than age 25.
- **A personal history of gestational diabetes in a previous pregnancy.**
- **A strong family history of diabetes.**
- **Weight.** Being overweight.
- **Race.** For reasons that aren't clear, women who are black, Hispanic, American Indian or Asian are more likely to develop GDM.

The link between DM and GDM

Usually, GDM goes away after delivery, women who have had GDM are more than 7 times as likely to develop type 2 diabetes as women who didn't have GDM in pregnancy especially if the woman has other risk factors (eg, obesity, family history of type 2 diabetes), and has a risk to get preeclampsia during pregnancy. The risk of developing type 2 diabetes is greatly affected by body weight. Women who are obese have a 50 to 75 percent risk of type 2 diabetes, while women who are a normal weight have a less-than-25 percent risk. (3)

The American Diabetes Association (ADA) recommends that all women with a history of GDM should have screening for type 2 DM 6-12 weeks after giving birth and at least every three years after that. Women who have GDM after age 45 should have screening once per year. (4)

Lowering the risk of getting DM after GDM

The American Diabetes Association (ADA) suggests many points in order to reduce the risk of getting DM after GDM like:

- 1- Losing weight, and achieving ideal body weight.
- 2- Physical activity by making regular exercises.
- 3- Breastfeeding.
- 4- Regular testing: women with a history of GDM should have screening for type 2 DM 6-12 weeks after giving birth and at least every three years after that. Women who have GDM after age 45 should have screening once per year.

References

1-Centers for Disease Control and Prevention: Groups Especially Affected by Diabetes, accessed on 31/3/2014 ,

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2- Myoclonic, accessed on 31/3/2014,

<http://www.mayoclinic.org/diseases-conditions/diabetes/basics/risk-factors/con-20033091>

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<http://www.uptodate.com/contents/gestational-diabetes-mellitus-beyond-the-basics>

4- American Diabetes Association. Gestational diabetes mellitus, accessed on 31/3/2014

<http://www.diabetes.org/are-you-at-risk/lower-your-risk/gdm.html>

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