

PANDORA

VOL 9: APRIL 2023 NEWSLETTER

We are still doing visits for PANDORA Wave 2

2023 Wave 2 Study Update

Who are we?

The Pregnancy and Neonatal Diabetes Outcomes in Remote Australia (PANDORA) Study began in 2011 and is an ongoing study by the Menzies School of Health Research. Our aim is to examine the effects of diabetes in pregnancy (DIP) on mothers and their babies by following up with Mothers and children every few years since birth.

What we do?

The health information collected by the PANDORA Study Team will teach researchers more about how diabetes in pregnancy affects the risk of future obesity, diabetes and heart disease in both mothers and children. This information will then be used to improve the treatment of diabetes in pregnancy, and related conditions.

What have we found?

- Having gestational diabetes increases the risk of developing gestational diabetes in future pregnancies, and having Type 2 diabetes later in life (risk is even higher for Aboriginal women)
- The higher a mother's blood sugar is during pregnancy, the worse the health impacts are for the mother and baby

What does this mean?

These results mean that treatments need improving for women's health before and during pregnancy, and their children's health during early childhood. Improvements are needed to be made in areas such as education, employment, housing and food systems.

As we continue to collect information for the PANDORA Study with the help of you and your child, we can work with health polices and health organizations to create better futures for mothers and children affected by DIP.

The PANDORA Wave 1 study and other studies show the 5 most important things mums can do to keep healthy after pregnancy:



- ✓ Get regular checks at the clinic to look for diabetes and pre-diabetes.
- ✓ Breastfeeding is good for both mum and child.
- ✓ Aiming for a healthy weight is best for women between pregnancies and after pregnancies. It reduces the risk of diabetes for both mum and child.
- ✓ Smoke free is best for mum, child, and the whole family!
- ✓ Contraception gives the mother time to get healthy before and between pregnancies. This helps mum have a healthy pregnancy and the child to have a healthy start to life!

A special thank you to Jo for all her hard work over the years in Alice Springs! She is now leading a new Menzies study in Central Australia.

Meet the Darwin team!



Ally Giustino

Leonie Leigh

Alison Simmonds

Sharna Motlap

Kaitlin Koh

Lizzy Cox

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If you're living in the Darwin Urban area, we can work around your schedule! PANDORA can catch up with you before or after-school hours, on Saturdays, and we can even come to you for a home visit.

PANDORA will also be doing interstate trips:

Where	When * <small>subject to change</small>
Melbourne, VIC	June school holidays
Perth, WA	September school holidays
Brisbane, QLD	✓ Done
Cairns, QLD	✓ Done Missed us? Contact us!
Adelaide, SA	✓ Done

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Not possible to do a face-to-face appointment? Complete an online survey instead. By doing an online survey, the PANDORA team still receives important information useful for the study.

2023 Diabetes Mini Summit

Teams from 'The Diabetes Across the LIFECOURSE: Northern Australia Partnership' recently attended a staff Annual Mini Summit over 2 days. The PANDORA team and all the other diabetes team got together to connect and discuss working within the partnership.



2023 Diabetes Mini Summit



Ally Giustino, Emily Papadimos (PhD student), and Sharna Motlap – 2023 Diabetes Mini Summit.

Please let us know if you change contact details, we want to keep in touch 😊



If you have any questions about this project, please contact:

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You can contact the Human Research Ethics Committee regarding any complaints or concerns about the study:

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