

PANDORA

Volume 6: April 2021

We are holding our next round of health checks for the PANDORA study

Why are we doing this study?

- We are seeing more kids get type 2 diabetes at a younger age.
- If Mum had diabetes during pregnancy her baby may have a higher chance of developing type 2 diabetes later in life.
- Type 2 diabetes can be prevented and managed by eating healthy foods, doing regular exercise, and taking medications every day.

How was the PANDORA study done?

Women who had diabetes in pregnancy (type 1 / type 2 diabetes or gestational diabetes) and women who did not have diabetes were invited to participate in PANDORA

Over 1000 women and their children took part across the NT: in Darwin, Alice Springs and in remote communities

All women who agreed to participate in PANDORA were followed through during their pregnancy until the birth of their baby.

PANDORA Wave 1 Study



Katie, Alison and Jo – 3 of our PANDORA staff who you may meet during your health check

PANDORA staff came back and saw some women when their babies were between 18 months to 6 years old.

This part of PANDORA was called **Wave 1**.

What did we find?

- 1 in 3 Aboriginal women developed type 2 diabetes or pre-diabetes after having gestational diabetes.



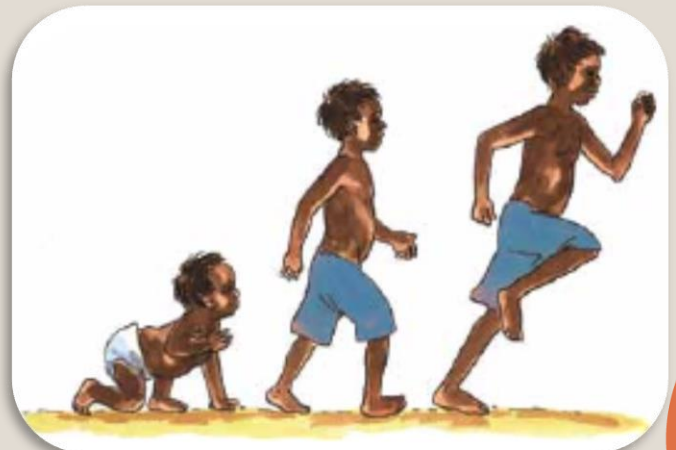
- Results from children are currently being examined – so far, we can see that diabetes in pregnancy influences their growth and development.

What does this mean?

- ✓ Women with gestational diabetes need to have a blood test for diabetes 6 weeks after their pregnancy to keep them and their babies healthy.
- ✓ Regular exercise and nutritious diet (fresh fruit and vegetables, lean meats, fish, beans, eggs, low-fat milk and cheese, and plain water) are important for women, children and their families to stay healthy and strong.

PANDORA Wave 2 Study

PANDORA staff are now contacting mothers to invite you and your child to participate in the next stage of PANDORA, which is called **Wave 2**. Children will now be between 5 ½ - 10 years.



PANDORA

Wave 1

Wave 2

PANDORA Wave 2 Study Update

We have seen more than 130 mothers and their children in Alice Springs, Darwin and remote communities so far – thank you to everyone who have come to see us!



Figure 1 – Evelyn measuring Bluey's height



Figure 2 – A lovely family from Central Australia

PANDORA Wave 2 will tell us about the longer-term effects of diabetes in pregnancy and help us find ways to improve our health.

**Please let us know if you change your contact details.
We want to keep in touch.**

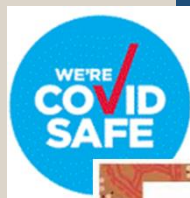
Think you should have heard from us by now?

If your child is older than 5.5 years, we have been trying to contact you, but we may have incorrect details.

Please email

Pandora@menzies.edu.au or text/call 0488 030 410 with your name and best contact number/email

We take COVID-19 precautions very seriously. Please let us know if you or your child develop any symptoms prior to your PANDORA Wave 2 appointment



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

Top End: 8946 8687 or ethics@menzies.edu.au

Central Australia: 8951 4700 or cahrec@flinders.edu.au

PANDORA Contacts

If you have any questions about this project, please contact Katie Michell, Top End Coordinator

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<https://dipp.org.au/pandora>