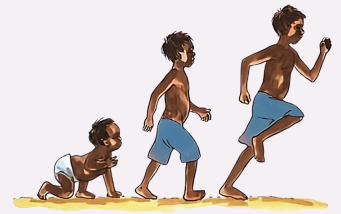


PANDORA

Vol 10: June 2024 Newsletter



PANDORA Wave 2 Wrap-Up

We are in the final months of the Wave 2 phase of the PANDORA project and will be revisiting communities in the Top End, hoping to catch up with a few more of our participants!

If you are in Lajamanu, Galiwinku, Milingimbi, Nhulunbuy, Ramingining, Maningrida, Gunbalanya, Tiwi Islands, Borroloola and Alice Springs, make sure you keep an eye out for us!



Recent community trips to Millingimbi (left), Mirijiang (centre) and Milikapiti (right)

Key Findings

PANDORA baseline phase:

- Higher rates of poor birth outcomes for Aboriginal and Torres Strait Islander women largely attributable to pre-existing type 2 diabetes
- Diabetes and weight management, and smoking cessation are important targets to improve birth outcomes.
- Aboriginal and/or Torres Strait Islander women had high rates of breastfeeding at 6 weeks and 6 months.
- Women with type 2 diabetes had difficulty establishing exclusive breastfeeding at hospital discharge and would benefit from increased breastfeeding support practices.
- Women with gestational diabetes mellitus (GDM) (form of diabetes that occurs during pregnancy) were as likely to achieve long-term breastfeeding outcomes as women without.
- Breastfeeding to at least 6 months likely helps prevent excess weight gain in infancy.

PANDORA Wave 1 phase:

- One in three Aboriginal and/or Torres Strait Islander women with GDM in pregnancy develop type 2 diabetes or pre-diabetes within 2.5 years after the birth.
- It is therefore very important for women with GDM to visit their health clinic to have blood sugar tests after the birth of their child.

Meet the team!



Ally Giustino

Leonie Leigh

Alison Simmonds

Ellie Strahley

2024 Wave 2 Study Update

Mums and their children have so far been followed up in Wave 2:

573

TEABBA Radio

We want to acknowledge our local Radio station TEABBA Radio and say a big thank you Lee Hewitt (Station Manager), Brendan Barlow (Broadcaster) and the lovely team for supporting our project.

Listen out for us chatting all things diabetes in pregnancy and other diabetes related topics, sharing study findings, and recommendations for management and after-care for those who have had gestational diabetes.



Sophia and her mum Michelle from Milikapiti

Completed Community Trips 2024



After you have had your baby: Gestational mums IMPORTANT follow up.

If you have had gestational diabetes mellitus (GDM), it is very important to check in with your local clinic to get tested for diabetes after you have had your baby to ensure your blood glucose levels are back to normal.

- All women with GDM, should be tested for type 2 diabetes (T2D) by having either a
 - Fasting 75g Oral Glucose Tolerance Test at 6-8 weeks postpartum
 - If the OGTT is not possible, a HbA1c at 4 months postpartum should be orderedand have yearly check-ups at the clinic.

For Health Professionals: Gestational mums IMPORTANT follow up.

All women with GDM, should be tested for type 2 diabetes (T2D) post-partum with either a OGTT at 6-8 weeks or if this is not possible, a HbA1c no earlier than 4 months post-partum.

- If post-partum screening normal, note high risk of developing T2D
 - Add GDM to medical history
 - Recall yearly for diabetes screening and Adult Health Check
- Talk about:
 - Early check in next pregnancy - testing for diabetes, there is a higher risk of developing GDM in future pregnancies
 - Breastfeeding - may help reduce future risk of obesity and diabetes for both mother and baby
 - Healthy food, drink and physical activity
 - Maintaining a healthy weight may prevent future GDM. Consider referral to dietician.

The Key 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!

We'd love to hear from you!

Call us on **0459 860 290** or alternatively you can email the team at **pandora@menzies.edu.au**.

You can contact the Human Research Ethics Committee regarding any complaints or concerns about the study:
08 8946 8687
ethics@menzies.edu.au