

We are still doing health checks for PANDORA Wave 2

Wave 2 Study Update

We have been working hard to keep mums and their children, as well as our staff, safe in this time of COVID-19. Some mums have done surveys by phone and email which has been a great help. We have also had shorter visits with mum and child to keep everyone safe. So, a big thank you to everyone!

More than 260 mums and their children have been assessed in Wave 2 in Darwin, Alice Springs and remote communities.

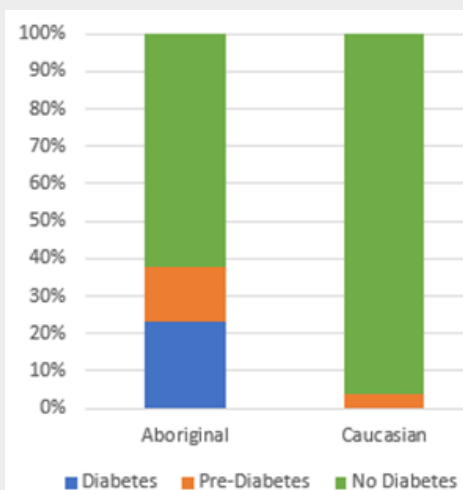
Looking back at the Wave 1 study!

In the Wave 1 study, women with Gestational Diabetes (GDM) in their pregnancy were checked.

At 2.5 years after pregnancy:

- **1 in 4** Aboriginal women developed type 2 diabetes and no Caucasian women developed type 2 diabetes.

- **1 in 7** Aboriginal women developed pre-diabetes (the step before type 2 diabetes) and **1 in 21** of Caucasian women developed pre-diabetes.



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.

PANDORA

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DID YOU KNOW??

As well as our PANDORA Wave 2 work, some of our team have been talking to Aboriginal women and health workers, asking them what they thought was the best way of looking after women with diabetes in pregnancy. The strong messages were about mums and families being able to get healthy, cheap food. They were also told that for Aboriginal women to keep healthy, they need to keep strong links with Country, family and community.

The PANDORA team will continue to see women and their children aged between 5 and a half to 10 years in town and remote communities. If you haven't heard from us, give us a call!

Please email Pandora@menzies.edu.au or text/call 0429 069 732 with your name and best contact number/email



Nellie Impu and Wayne Stewart from Larapinta.

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

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

