

PANDORA

VOL 8: NOVEMBER 2022 NEWSLETTER

We are still doing visits for PANDORA Wave 2

PANDORA Study
will find out
new things

- Rose, 7yrs



The communities that the Pandora Team have visited thus far...



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

- 1 GLUCOSE CHECKS
- 2 BREASTFEEDING
- 3 HEALTHY WEIGHT
- 4 SMOKE FREE
- 5 CONTRACEPTION



- ✓ 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!

2022 Wave 2 Study Update

Mums Seen

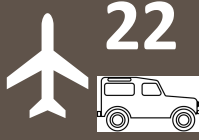
Kids Seen

Remote Trips

338

346

22



PANDORA

VOL 8: NOVEMBER 2022 NEWSLETTER

We are still doing visits for Pandora Wave 2



2022 PANDORA TEAM

Ally Giustino, Sharna Motlap, Lizzy Cox, Al Simmonds & Jo Kelaart

The PANDORA team attended the NT Diabetes Summit 2022 in Alice Springs. We discussed type 2 diabetes and how to achieve better health outcomes in the Northern Territory.



Aboriginal Project Officer, Sharna Motlap, speaking at the Diabetes Summit.

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

08 8946 8687

NTHREC@menzies.edu.au

PANDORA Contacts

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

Top End Coordinator
Ally Giustino
08 8946 8497

Central Australia Coordinator
Jo Kelaart
08 8959 0108

Email: [Pandora@menzies.edu.au](mailto: Pandora@menzies.edu.au)

www.diabeteslifecourse.org.au

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

