

THE KEY 5

MOST IMPORTANT THINGS MUMS CAN DO TO KEEP HEALTHY AFTER PREGNANCY

PANDORA

VOL. 10
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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!

PANDORA REFRESHER

The Pregnancy and Neonatal Diabetes Outcomes in Remote Australia (PANDORA) Study started in 2011 and follows mums and their children over the first 16 years of the child's life. We are currently visiting and measuring PANDORA children of primary school age and their mothers to continue to expand our understanding of what a pregnancy with diabetes means in this age group living in the Northern Territory. Depending on funding we will also be returning to assess Pandora Study children and their mothers, when they are of middle school age.

In the study we are looking at the impacts of a pregnancy with diabetes on mothers and their children. So far, we have found that lower blood sugar in mothers during pregnancy results in better health impacts for mothers and children in early childhood. For example, children grow better after birth. We also know that having diabetes in pregnancy increases the risk of developing Type 2 diabetes in later life (with a higher risk in Aboriginal women and their children).

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

08 8946 8687
ethics@menzies.edu.au

Meet the team!



Ally Giustino
Project Co-ordinator

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Senior Project Officer

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DIABETES IN PREGNANCY AND KIDNEY DISEASE



There is strong evidence that shows that both gestational diabetes (GDM) and pre-existing diabetes (predominantly type 2) in pregnancy are associated with high risk of future Chronic Kidney Disease (CKD) and End-Stage Kidney Disease (ESKD).

A study among Aboriginal women in the NT found that women with GDM were 9.2% more likely to develop Chronic Kidney Disease than women with no diabetes during pregnancy, and that among women with pre-existing diabetes, 29.1% developed Chronic Kidney Disease and 9.9% developed End-Stage Kidney Disease.

Knowing these facts, that almost 1 in 10 women with GDM go on to develop Chronic Kidney Disease, and that almost 1 in 10 women with pre-existing diabetes go on to develop End-Stage Kidney Disease, it is important to regularly see your GP for early screening and to put in place any prevention strategies.

If you can't see us face-to-face, you can complete an online survey instead!



2023 COMPLETED TRIPS

- ADELAIDE
- BORROLOOLA
- PINE CREEK
- MANINGRIDA
- BRISBANE
- DALY RIVER
- KATHERINE
- ALICE SPRINGS
- GUNBALANYA/JABIRU
- MELBOURNE
- PALUMPA
- PERTH
- GALIWIN'KU
- TENNANT CREEK/ALICURUNG/ELLIOTT
- MILINGIMBI
- TIWI ISLANDS
- GROOTE EYLANDT



2023 UPCOMING TRIPS

- NHULUNBUY: NOVEMBER
- GAPUWIYAK: NOVEMBER

CONTACT US! WE'D LOVE TO HEAR FROM YOU.

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✉ Email: pandora@menzies.edu.au

🌐 Website:

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

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<https://www.facebook.com/MenziesPANDORAstudy>