

Did You Know...?

Controlling the blood glucose levels **prior to conception** lowers the risk of birth defects in infants of mothers who have pregestational diabetes**



FOR HEALTH CARE PROVIDERS

Diabetes and Preconception health

Pregestational diabetes (PGDM) can have severe consequences!

About 2.9% of reproductive age women have diabetes.

About half of all pregnancies are unplanned.

- PGDM increases the risk of birth defects of all types, including nervous system, heart defects, orofacial clefts, and limb deficiencies in the infant.
- Major birth defects are the leading cause of mortality and morbidity in infants of mothers who have uncontrolled diabetes prior to pregnancy.
- PGDM increases the risk of
 - Isolated defects by three times
 - Multiple defects by eight times
- Elevated blood glucose levels can
 - Decrease the chance of conception
 - Increase risk for spontaneous abortions, pre-eclampsia and birth defects in the infant

There is little or no increased risk for birth defects when glucose levels are controlled prior to conception!

Help women with diabetes to plan for a healthy pregnancy. Discuss the following:

- Pregnancy planning and contraception
- Risks PGDM poses on pregnancy and the infant
- Importance of controlling glucose levels prior to conception

Support control of glucose levels by

- Achieving a preconception A1C of $\leq 7.0\%$
- Optimizing diabetes management and nutrition through diabetes education
- Reminding to review medication regimen at conception with the primary provider (including ACE inhibitors and ARBs)

Promote pre-pregnancy planning and blood glucose control during child-bearing years to

- Help increase the possibility of conception
- Reduce the risk for spontaneous abortions, pre-eclampsia and birth defects

References: Correa A, et. al. Diabetes mellitus and birth defects. Am J Obstet Gynecol. 2008. Sep; 199(3):237.e1-9.

Michigan BRFSS Surveillance Brief: http://www.michigan.gov/documents/mdch/MIBRFSS_Surveillance_Brief_Apr_2012_Vol6No2_FINAL_381816_7.pdf

American Diabetes Association: Diabetes and Pregnancy - <http://www.diabetes.org/living-with-diabetes/complications/pregnant-women>

Resource for the patient: http://www.cdc.gov/NCBDDD/pregnancy_gateway/diabetes-types.html

**Diabetes that exists before pregnancy; nonpregnant women (age 15-44) with type 1 or type 2 diabetes.