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Elements in High-Risk Pregnancy: Management Options

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CAMBRIDGE
UNIVERSITY PRESS

Cambridge University Press & Assessment
978-1-009-50715-8 — Diabetes in Pregnancy
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Frontmatter
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Shaftesbury Road, Cambridge CB2 8EA, United Kingdom
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Cambridge University Press is part of Cambridge University Press & Assessment,
a department of the University of Cambridge.

We share the University's mission to contribute to society through the pursuit of
education, learning and research at the highest international levels of excellence.

www.cambridge.org
Information on this title: www.cambridge.org/9781009507158

DOI: 10.1017/9781009507189

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When citing this work, please include a reference to the DOI 10.1017/9781009507189

First published 2025

A catalogue record for this publication is available from the British Library

ISBN 978-1-009-50715-8 Paperback
ISSN 2976-8330 (online)
ISSN 2976-8322 (print)

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Diabetes in Pregnancy

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DOI: 10.1017/9781009507189
First published online: January 2025

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Abstract: Diabetes mellitus is one of the most common and important medical complications affecting pregnancy. It can predate the pregnancy ('pre-existing diabetes') or arise during pregnancy ('gestational diabetes', GDM). Typically, GDM resolves once the pregnancy has ended. However, about 3% of women with a diagnosis of GDM have type 2 diabetes diagnosed for the first time in pregnancy, which persists beyond pregnancy. The co-existence of diabetes of any type and pregnancy is associated with an increased risk of adverse outcomes for both the woman and baby. However, with appropriate management by a multidisciplinary team before, during and after delivery these risks can be minimised. Optimising blood glucose control, screening for maternal and fetal complications and a discussion about delivery are key strategies. During pregnancy, all women should be offered screening for GDM. After pregnancy, all women with GDM should be offered annual screening to identify the development of type 2 diabetes.

Keywords: pregnancy, diabetes, high risk, management, multidisciplinary

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and Lay-Kok Tan 2025

ISBNs: 9781009507158 (PB), 9781009507189 (OC)
ISSNs: 2976-8330 (online), 2976-8322 (print)

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