

POSTER PRESENTATION

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The prevalence of metabolic syndrome up to 5 years post-partum in patients with a history of gestational diabetes mellitus

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Introduction

Metabolic syndrome (MetS) is associated with cardiovascular mortality and increased risk of type 2 diabetes.

Methods

We examine the prevalence of MetS in a cohort of Caucasian women with previous gestational diabetes (GDM) (n=116), and those with normal glucose tolerance (NGT) during pregnancy (n=51). Fasting glucose alone (known DM/pre-diabetes post-partum patients) or 75g OGTT (other patients), lipid profile, insulin and c-peptide were performed. We calculated insulin resistance using the HOMA2-IR computer model.

Results

Conclusions

Metabolic syndrome and insulin resistance are significantly more prevalent in Caucasian patients with GDM progressing to post-partum DM/pre-diabetes than those who do not ($p<0.01$), suggesting a need to target lifestyle changes in the early post-partum period to help prevent progression to T2DM.

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Table 1

| | Number with MetS (ATPIII criteria) (%) | Mean HOMA-2IR (+/- SD) | Number with HOMA-2IR>1.7 (%) |
|---------------------------------|--|------------------------|------------------------------|
| DM/pre-diabetes post GDM (n=33) | 12 (36%) | 1.21(+/-0.77) | 18 (55%) |
| NGT post GDM (n= 83) | 11 (13%) | 1.93(+/-1.4) | 18 (22%) |
| No history GDM (n=52) | 3 (6%) | 1.02(+/-0.85) | 6 (13%) |

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