“Early Possible Risk Factors for Overt Diabetes After Gestational Diabetes Mellitus”
(Christian S. Göbl, MD, Latife Bozkurt, MD, Thomas Prikoszovich, MD, Christine Winzer, MD, Giovanni Pacini, DSC, and Alexandra Kautzky-Willer, MD)

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2. Discuss the origins of the screening methods for gestational diabetes mellitus. What were they based on? Is this what you would base screening guidelines on if you were to develop them today?

3. How do you follow up with patients who were diagnosed with gestational diabetes mellitus during pregnancy? Does it differ if their treatment consisted of diet control, oral hypoglycemics, or insulin?

4. Review the UpToDate Topic Card, “Treatment and course of gestational diabetes mellitus.” According to UpToDate, what factors are most predictive of development of Type 2 diabetes mellitus after having gestational diabetes mellitus?

5. What was the objective of this study? How might achieving this objective assist you in your practice?

6. What is the study design, and why did the authors choose it? Are there any concerns that this design may affect the findings?

7. The authors included in the analysis 41 women without a history of gestational diabetes mellitus or other chronic diseases, who served as controls. Why do you think the authors included this group? How were they selected, and how might their selection affect the findings of the study?

8. How many patients were lost to follow-up? How would you handle participants lost to follow-up in the analysis? How might this loss affect the results?

9. The authors found that 21% of their cohort developed Type 2 diabetes. How does this compare to your practice? How does it compare to other reports (see Feig DS, Zinman B, Wang X, Hux JE. Risk of development of diabetes mellitus after diagnosis of gestational diabetes. CMAJ. 2008;179:229–34)?

10. What variables did the authors identify as most predictive of development of Type 2 diabetes? How do they compare to those noted in UpToDate (see Question 4)? Why might they differ?

11. Review the ACOG Committee Opinion No. 435: Postpartum Screening for Abnormal Glucose Tolerance in Women Who Had Gestational Diabetes Mellitus. Obstet Gynecol 2009;113:1419–21. Compare these recommendations with the follow-up of the patients in this trial and with the follow-up you perform in your practice (see Question 3).

12. Will the findings from this article alter your practice? What changes, if any, will you make?