



Département femme-mère-enfant

The logo for Unil (Université de Lausanne) features the word 'Unil' in a blue, cursive script.

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# CARDIO-METABOLIC AND MENTAL HEALTH OUTCOMES IN WOMEN WITH EARLY GESTATIONAL DIABETES

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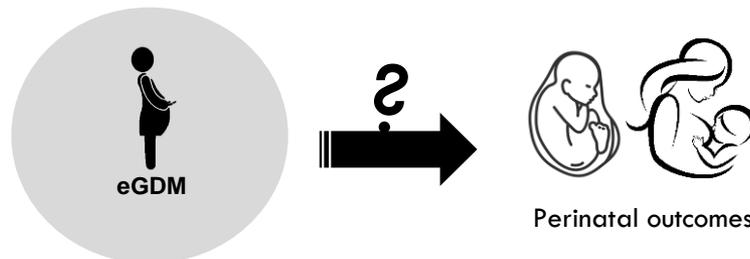
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**Interdisciplinary GDM Group Lausanne**

*Clinical care and research for mother and infant*

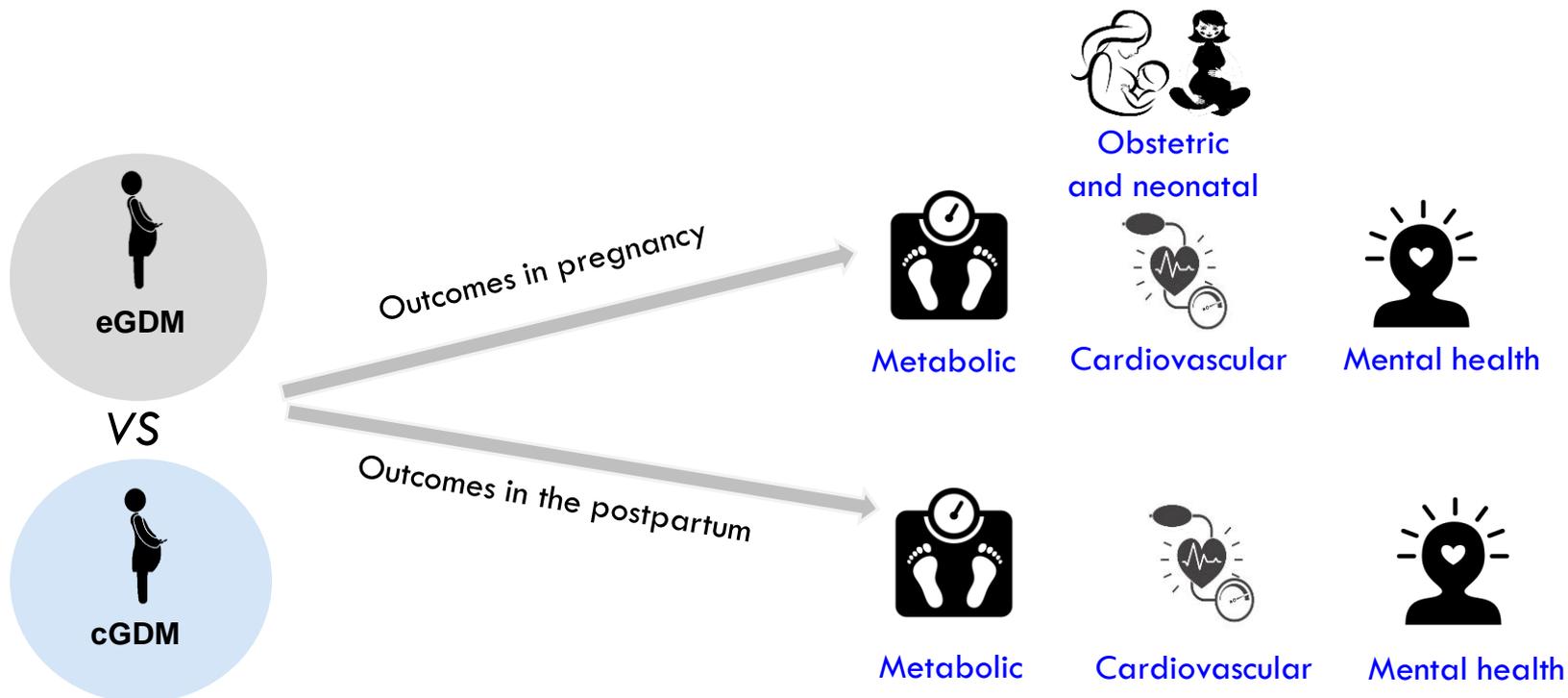
# EARLY GESTATIONAL DIABETES (eGDM)

- 15-70% have hyperglycemia before diagnosis (24-28 weeks GA) (Immanuel, 2017)
  - Worse metabolic profile (Harreiter, 2016, Egan, 2017)
- **No consensus on screening and diagnostic criteria for early GDM (eGDM)** (Cosson, 2017; Nankervis, 2013; Egan, 2017; Raets, 2021)
  - Different guidelines to screen before 24 weeks GA (IADPSG, ADA, WHO)
  - **FPG  $\geq 5.1$  mmol/l** to diagnose eGDM controversial
- More adverse perinatal outcomes than classical GDM in 13 cohort studies (Immanuel, 2017)
- **Early detection and treatment:** Opportunity for early intervention & additional weeks for lifestyle & medical care



# STUDY OBJECTIVE

- Characterize the cardio-metabolic and mental health outcomes of eGDM compared cGDM
- Outcomes in pregnancy and in the postpartum



# CONCLUSIONS



- eGDM had increased adverse cardio-metabolic outcomes, independent of GDM-risk factors and despite less GWG  
→ pre-existing risk-profile in eGDM that is less easily modifiable?
- No group differences in mental health outcomes
- Offspring LGA: preconception & early pregnancy might be critical