Finding the Sweet Spot: Optimizing Diagnosis and Management of Diabetes in Pregnancy

Ashley N. Battarbee, MD, MSCR
Assistant Professor
Division of Maternal-Fetal Medicine
Department of Obstetrics and Gynecology
University of Alabama at Birmingham
Finding the Sweet Spot: Optimizing Diagnosis and Management of Diabetes in Pregnancy

Educational Objectives
1. Describe the impact of diabetes in pregnancy in terms of disease prevalence, cost, and maternal and perinatal complications.
2. Discuss the current evidence regarding GDM screening, diagnosis and treatment.
3. Understand the importance of and barriers to postpartum diabetes screening after GDM.
4. Identify knowledge gaps surrounding use of oral hypoglycemic agents for pregestational diabetes.

Outline
A. Burden of Disease
   a. Prevalence
   b. Cost
   c. Maternal and perinatal complications
B. Gestational diabetes mellitus
   a. Diagnosis
      i. Timing – early vs 3rd trimester
      ii. Method – 1-step vs 2-step
   b. Treatment
      i. Oral hypoglycemic agents versus insulin
      ii. Postpartum screening for T2DM
C. Pregestational diabetes mellitus
   a. Method of glucose monitoring
      i. Self-capillary blood glucose monitoring
      ii. Continuous glucose monitoring
   b. Treatment
      i. Metformin versus insulin
      ii. Closed loop insulin pumps

References


