Weight Gain in 5 Years Before Pregnancy May Increase GDM Risk

SAN DIEGO — Weight gain in the 5 years before pregnancy is associated with an increased risk for gestational diabetes, Monique Hederson reported in a poster at the annual scientific sessions of the American Diabetes Association.

In a nested case-control study including 114 women with gestational diabetes mellitus (GDM), and 95 controls who were members of Kaiser Permanente of Northern California, those who had gained between 1.1 kg and 10.0 kg in the 5 years before their last menstrual period were nearly twice as likely (crude odds ratio 1.98) to have developed GDM during pregnancy than were those whose weight remained within 1 kg of baseline, said Ms. Hederson, of Kaiser Permanente, Oakland, Calif., and her associates.

The women who developed GDM were older, more likely to be from an ethnic minority group, more likely to be overweight at baseline, and more likely to be primiparous or to have had at least two prior live births.

After adjustment for these factors, the relationship between prepregnancy weight gain and GDM was even stronger, with an odds ratio (OR) 2.98. This relationship held when weight loss was again insignificant (OR 0.9). —Miriam Tucker

Maternal Obesity Linked to Increased Risk of Orofacial Clefts in Infants

O bese women are 30% more likely than women of normal weight to give birth to an infant with an orofacial cleft, investigators have reported.

“One possible explanation is undetect- ed type 2 diabetes. Obese women, in the absence of overt diabetes, have been found to have an impaired glucose metabolism, which may be associated with an increased risk for orofacial clefts,” wrote Marie Cedergren, M.D., of the University of Pittsburgh, and her colleagues.

“Weight gain and GDM are strong risk factors for orofacial clefts. One possible explanation is undetected diabetes,” said Dr. Cedergren.

“The weight gain between 1 year before pregnancy and the 20 weeks of pregnancy is associated with an increased risk for GDM,” said Dr. Hederson.

“Obese women who give birth during pregnancy are at increased risk for GDM. In obese women, obesity is associated with an increased risk of GDM,” said Dr. Cedergren.

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