



Women's Health Council of RI

FOR CLINICIANS

Pregnancy Outcomes Predictive of Future Disease

GESTATIONAL DIABETES

5% of patients develop Type 2 DM within 6 months and 30-60% within 10 years

- Counsel patients about prevention of metabolic syndrome
- All patients need six week post partum GTT and yearly Glucose/HgbA1C

PREECLAMPSIA

Especially if occurring early, is severe or in association with LBW or preterm birth

- Increased risk for death from CAD and ESRD
- Counsel and treat all patients for modifiable risk factors for heart disease
- Screen post partum and annually for renal disease

THROMBOSIS

- Counsel about VTE prevention
- Consider screening for thrombophilia

RECURRENT PREGNANCY LOSS/IUFD

- If no obstetric or genetic explanation, consider screening for thrombophilia

GOAL We are successful when every postpartum mother is automatically given a health care roadmap that links obstetrics to her ongoing primary care.

www.womenshealthcouncil.org

FOR NON-CLINICIANS

Pregnancy Outcomes Predictive of Future Disease

GESTATIONAL DIABETES (diabetes during pregnancy) signals increased risk for developing diabetes:

- Patients should keep weight off, especially abdominal fat; keep blood pressure controlled; and monitor their cholesterol and blood sugar
- All patients with GD should get a blood sugar test (glucose tolerance test) six weeks after delivery and be monitored yearly for blood sugar levels

PREECLAMPSIA (dangerously high blood pressure in pregnancy), especially if it occurs early, is severe or occurs in association with an infant born early or with low weight at birth signals increased risk of death from heart and kidney disease:

- Patients should keep weight off, especially abdominal fat; keep blood pressure controlled; and monitor their cholesterol and blood sugar
- Check blood pressure after delivery and yearly thereafter

THROMBOSIS (blood clots) To prevent future blood clots:

- Wear loose-fitting clothes, socks, or stockings.
- Raise your legs 6 inches above your heart from time to time.
- Wear special stockings (called compression stockings) if your doctor prescribes them.
- Do exercises your doctor gives you.
- Change your position often, especially during a long trip.
- Do not stand or sit for more than 1 hour at a time.
- Eat less salt.
- Try not to bump or hurt your legs and try not to cross them.
- Do not use pillows under your knees.
- Raise the bottom of your bed 4 to 6 inches with blocks or books.
- Take all medicines the doctor prescribes you
- For more information
<http://www.ahrq.gov/consumer/bloodclots.htm>

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