

Highlighted Birth Defects Resources –

Addressing Diabetes in Women as a Risk Factor for Birth Defects

This list highlights resources addressing diabetes diagnosis and management to support healthy outcomes for mother and baby. The information listed here is intended for educational use only and is provided solely as a service. The information should not be used for diagnosing or treating a health problem or disease, and is not a substitute for professional care. These resources do not constitute an endorsement of these organizations or their programs by the National Birth Defects Prevention Network (NBDPN) and none should be inferred. The NBDPN is not responsible for the content of the individual organization web pages/resources found at these links.

Highlighted Resources Regarding Diabetes and High-Risk Pregnancy

Gestational Diabetes: Caring for Women During and After Pregnancy:

<http://effectivehealthcare.ahrq.gov/healthInfo.cfm?infotype=sg&ProcessID=107&DocID=163><<http://effectivehealthcare.ahrq.gov/healthInfo.cfm?infotype=sg&ProcessID=107&DocID=163>>

Published in August 2009, this is two-page concise Clinician’s Guide for health care professionals provide quick access information to use for women during and after pregnancy. It summarizes clinical evidence about prenatal treatment and delivery management for women with gestational diabetes. This publication, developed by the Agency for Healthcare Research and Quality (AHRQ) is Product Number 09-EHC014-3. See www.effectivehealthcare.ahrq.gov for this guide and the full systematic review titled “Therapeutic Management, Delivery, and Postpartum Risk Assessment and Screening in Gestational Diabetes”.

Gestational Diabetes: A Guide for Pregnant Women:

<http://effectivehealthcare.ahrq.gov/healthInfo.cfm?infotype=sg&DocID=162&ProcessID=107>

Recently published, this companion guide to the Clinician’s Guide is an excellent resource for health professionals to provide to pregnant women diagnosed with gestational diabetes. This publication provides information to help women talk with their doctor or midwife about the diagnosis, treatment, and follow-up following the pregnancy. The booklet is from the Agency for Healthcare Research and Quality (AHRQ) and the product number is AHRQ Pub No. 09-EHCO14-A.

Diabetes and High Risk Pregnancy:

http://www.healthsystem.virginia.edu/UVAHealth/peds_hrpregnant/online.cfm

This University of Virginia Health at <http://www.healthsystem.virginia.edu> provides educational outreach. It provides information about the term “diabetes”, different types, what happens with diabetes and pregnancy, maternal complications of diabetes on a pregnancy and complications for fetus and baby. It is written for the consumer and provides easy to read information.

CDC Office of Women’s Health: <http://www.cdc.gov/women/pubs/diabetes.htm>

This Centers for Disease Control and Prevention (CDC) website offers various modalities/avenues of selected publications and materials about diabetes. The site contains podcasts and useful resources for education and outreach. In addition, CDC research studies are located by year of publication.

Women with Diabetes Quality of Health Care, 2004-2005:

<http://www.ahrq.gov/populations/womendiab/womendiab.pdf>

This report was prepared by the CDC and the Agency for Healthcare Research and Quality (AHRQ). It used national data sets to show gaps in knowledge about quality of care among women with diagnosed diabetes. It examines the quality of health care in the United States for women with and without diagnosed diabetes, using the most scientifically based measures and national data sources available. (AHRQ Publication No. 08-0099 November 2008)

Diabetes and Pregnancy Frequently Asked Questions:

<http://www.cdc.gov/ncbddd/bd/diabetespregnancyfaqs.htm>

This is the CDC's birth defects website with webpage about diabetes and pregnancy. The site contains general information about diabetes and the related types. It also discusses diabetes during pregnancy. In addition, several sections contain useful information about prevention of problems, handling problems during pregnancy and the impact of diabetes on the baby.

Women and Diabetes: <http://www.noah-health.org/en/endocrine/diabetes/groups/women/>

This site comes from NOAH (New York Online Access to Health). NOAH provides access to high quality consumer health information in English and Spanish. The NOAH volunteer editors do not write this information. Instead, librarians and health professionals in New York and beyond find, select, and organize full-text consumer health information that is current, relevant, accurate and unbiased. The NOAH Content Committee is responsible for selecting and approving all new topics and links. NOAH tries to provide information on all topics in both English and Spanish.

Basic Facts About Birth Defects: <http://www.cdc.gov/ncbddd/bd/facts.htm>

This is CDC's website for birth defects. It contains varying topics related to birth defects and its prevention.

Pregnancy and diabetes from conception to birth: <http://www.mayoclinic.com/health/pregnancy-and-diabetes/da00042>

This website provides the general consumer with information about diabetes and pregnancy.

Does Diabetes Run in Your Family? Take Steps Towards Better Life:

http://www.cdc.gov/genomics/public/file/print/2007-02_Diabetes_Broch.pdf (English)

http://www.cdc.gov/genomics/public/file/print/2007-02_Diabetes_Broch_span.pdf (Spanish)

This is a new easy-to-read brochure on diabetes and family history. Available in English and Spanish.

Diabetes and Pregnancy: <http://www.cdc.gov/ncbddd/bd/diabetespregnancyfaqs.htm>

Diabetes is often detected in women during their childbearing years and can affect the health of both the mother and her unborn child. Poor control of diabetes in a woman who is pregnant increases the chance for birth defects and other problems for the baby and might cause serious complications for the woman. Proper health care before and during pregnancy will help prevent birth defects and other poor outcomes, such as miscarriage and stillbirth. The page features questions and answers. Dated 4/24/06.

Prevent and Control Diabetes: <http://www.cdc.gov/diabetes/pubs/pdf/prevent.pdf>

This is a guide created to help people understand diabetes with tips on how to prevent and control diabetes. (August 30, 2005).

Diabetic Moms Need a Plan Before They Conceive:

<http://www.uwhealth.org/news/diabeticmomsneedaplanbeforetheyconceive/20508>

From The University of Wisconsin Hospitals and Clinics. Published June 1, 2009.

Managing your diabetes: http://www.joslin.org/managing_your_diabetes_707.asp

From the Joslin Diabetes Center affiliated with the Harvard Medical School. This provides a lengthy list of general diabetes topics.

Diabetes, Frequently Asked Questions: <http://www.womenshealth.gov/FAQ/diabetes.pdf>

This publication is from the US Department Health and Human Services, Office of Women's Health. It addresses diabetes in women.

Resources for Women of Childbearing Age

Prevention of Birth Defects is BEFORE Pregnancy: <http://www.ibis-birthdefects.org/start/bdpregnancy.htm>

This website contains general information on various areas of pregnancy and birth defects prevention from the International Birth Defects Information Systems.

Preconception Care, Questions and Answers:

http://www.cdc.gov/ncbddd/preconception/QandA_providers.htm

This website by the Centers for Disease Control and Prevention (CDC) about Preconception Care is for professionals working with women of childbearing age. It contains various questions and corresponding answers, recommendations for improving preconception health in addition to specific recommendations for improving pregnancy outcomes.

Diabetes :

http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=2&tax_subject=392&topic_id=1747&placement_default=0

This government website provides a variety of national websites with information about diabetes. The site contains educational materials in addition to sources about programs, meal planning, and population specific educational resources. Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. Nutrition.gov was revitalized by the staff at the Food and Nutrition Information Center (FNIC) and the National Agricultural Library (NAL) in cooperation with a panel of food and nutrition expert advisors from agencies within United States Department of Agriculture (USDA) and Department of Health and Human Services (DHHS).

Diet and Disease:

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=278&topic_id=1382

This website is sponsored by the UN Department of Agriculture. This web page contains numerous sites of resources and information related to diabetes.

An Innovative Partnership to Strengthen Diabetes Health Promotion and Birth Defects Prevention:

http://www.michigan.gov/documents/mdch/MBDRMDONposterSept06rev_201778_7.pdf

The poster details how the Michigan Birth Defects Program teamed with the state's diabetes program to address diabetes and birth defects. It is from the Michigan Department of Community Health.

Gestational Diabetes Counseling:

http://www.lvh.org/healthcare_services/Womens_Health/Our_Services/Pregnancy/Our_Services%7C72

This site has information regarding gestational diabetes counseling for women. It is from the Lehigh Valley Health Network, Cedar Crest & I-78, and P.O. Box 689, Allentown, PA 18105-1556 610-402-CARE. Toll Free 1-888-LVH-CARE.

Diabetes Genetic Counseling and Pregnancy:

<http://www.genecare.com/pdf/HH-%20Diabetes.pdf>

This is provided by GeneCare, founded in 1983 as a private, academic Medical Genetics Center with the mission to provide the highest quality medical genetics services available.

Diabetes, Frequently Asked Questions:

<http://www.womenshealth.gov/FAQ/diabetes.pdf>

This publication is on the US Department of Health and Human Services Women's Health website. It contains general information related to diabetes for women of all ages.

Do Multivitamin Supplements Reduce the Risk for Diabetes-Associated Birth Defects?

http://www.cdc.gov/ncbddd/factsheets/pediatrics/Pediatrics_Diabetesvitamin.pdf

This Fact Sheet is from the CDC National Center on Birth Defects and Developmental Disabilities. Fact Sheet, dated May 5, 2003, is authored by Adolfo Correa, Lorenza Botto, Yecai Liu, Joseph Mulinare, and J. David Erickson. Full article in Pediatrics May 2003; 111(5 Supple Pt2) 1146-51.

New Beginnings A Discussion Guide for Living Well with Diabetes:

<http://www.cdc.gov/diabetes/pubs/pdf/NewBeginnings.pdf#pagemode=bookmarks>

The National Diabetes Education Program's (NDEP) New Beginnings A Discussion Guide for Living Well with Diabetes was created by NDEP to accompany The Debilitator, an independently released film produced and distributed by Millennium Filmworks, Inc. The Debilitator is a docudrama that takes viewers on an intimate and emotional journey with the film's lead character that has been diagnosed with type 2 diabetes. To enhance the effectiveness of the film, NDEP has developed New Beginnings A Discussion Guide for Living Well with Diabetes. This turnkey guide will assist Diabetes Prevention and Control Programs, community health workers, employers, health care providers, faith-based organizations, diabetes educators, and others working directly with the public in facilitating discussions about the film and the impact of diabetes in their lives. To order hard copies please call 1-800-CDC-INFO

1-888-232-6348 TTY. To order the film, The Debilitator, visit <http://www.millenniumfilmworksinc.com>.

Content Source National Center for Chronic Disease Prevention and Health Promotion Division of Diabetes Translation.

Diabetes: http://www.pueblo.gsa.gov/cic_text/health/diabetes_fs/diabetes_fs.pdf

This two-page publication, from the FDA Office of Women's Health, is easy to read general information about diabetes. See FDA Office of Women's Health at <http://www.fda.gov/womens> for additional information. It provides easy to read information for women of all ages.

Implementing Preconception Health and Health Care A California Case Study:

<http://www.amchp.org/publications/WomensHealth/Documents/AMCHP%20CA%20Preconception%20Health%20Case%20Study1.pdf>

This case study, produced by the Association for Maternal and Child Health Programs (AMCHP), showcases several programs identified as successful interventions for targeted populations of women of childbearing age.

Gestational Diabetes: http://www.marchofdimes.com/pnhec/188_1025.asp

This publication is from the March of Dimes Pregnancy and Newborn Education Center.

March of Dimes - New Moms Need - Diabetes and birth defects:

<http://newmomsneed.marchofdimes.com/?p=249>

This resource is a one-page webpage for new mothers about diabetes, being overweight and birth defects.

March of Dimes Professionals and Researchers Quick Reference Fact Sheets (education information)

Diabetes in Pregnancy: http://www.marchofdimes.com/professionals/14332_1197.asp

This webpage contains information for the professional and references for further evaluation and learning.

Programs with Focus on Diabetes

The Sweet Success Program is a California Diabetes and Pregnancy Program:

http://www.maderahospital.org/Default_Services_SweetSuccess.aspx

The Sweet Success Program is a California Diabetes and Pregnancy Program offered by Madera Community Hospital. Women with Diabetes are special and pregnancy is special for women with Diabetes. Pre-pregnant and pregnant diabetic women can be helped to control their diabetes through Dietary adjustments, exercise, self-monitoring of blood glucose levels, adjustments in insulin, and regular supervision by their physician. The services available through Sweet Success are pre-pregnancy and pregnancy classes and counseling, workshops

for health care providers, and consultation services to physicians. Please read their attached newsletter “Sweet Success: Diabetes and Pregnancy” for excellent information.



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Research

Modifiable Risk Factors for Developing Diabetes Among Women with Previous Gestational Diabetes:

http://www.cdc.gov/pcd/issues/2007/jan/pdf/06_0028.pdf

The objective of this study was to assess the prevalence of modifiable risk factors for developing diabetes among women with previous GDM only. Yun S, Kabeer NH, Zhu B-P, Brownson, RC. Preventing Chronic Disease [serial online] 2007 Jan. Available from http://www.cdc.gov/pcd/issues/2007/jan/06_0028.htm.

Major Congenital Malformations after First-Trimester Exposure to ACE Inhibitors:

<http://content.nejm.org/cgi/reprint/354/23/2443.pdf?ijkey=687bebbfe148b69660c0d78a0747d5c48dad95f5>

Use of angiotensin-converting-enzyme (ACE) inhibitors during the second and third trimesters of pregnancy is contraindicated because of their association with an increased risk of fetopathy. In contrast, first trimester use of ACE inhibitors has not been linked to adverse fetal outcomes. This study was conducted to assess the association during the first trimester.

Do Multivitamin Supplements Attenuate the Risk for Diabetes-Associated Birth Defects?

<http://pediatrics.aappublications.org/cgi/reprint/111/5/S1/1146> (pdf)

Authors include Adolfo Correa, MD, PhD, Lorenzo Botto, MD, Yecai Liu, MS, Joseph Mulinare, MD, MSPH and J. David Erickson, DDS, PhD. Research was conducted from the Division of Birth Defects and Developmental Disabilities, National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention, in Atlanta, Georgia

Birth Defects Risk Factor Series - Holoprosencephaly:

<http://www.dshs.state.tx.us/birthdefects/risk/holopros.pdf>

From the Texas Department of State Health Services Birth Defects Epidemiology and Surveillance. This fact sheet presents information regarding the impact of maternal diabetes from several studies to increase Haloprosencephaly risk.

Advances in Understanding the Molecular Causes of Diabetes-Induced Birth Defects:

<http://rsx.sagepub.com/cgi/reprint/13/1/2>

Author Loeken, Mary R. Journal of the Society for Gynecologic Investigation 2006 13; 2 [DOI 10.1016/j.jsigi.2005.09.007 Published by SAGE. This research was performed to review the current understanding of the molecular causes of birth defects resulting from diabetic pregnancy, with a focus on neural tube defects.

Indian Health Services Diabetes Research Round Up:

<http://www.ihs.gov/medicalprograms/diabetes/index.cfm?module=programsSDPIeupdatesVol2Issue3Part2>

This newsletter is provided by the Indian Health Services (IHS) Division of Diabetes Treatment and Prevention website. Type 2 diabetes has quickly emerged as one of the most serious and devastating health problems of our time. Although the growing diabetes epidemic threatens populations around the world, American Indians and Alaska Natives suffer disproportionately from the highest rates of diabetes in the United States. It is true that we face significant challenges in dealing with the diabetes epidemic, but the belief is strong among American Indian and Alaska Native communities that they are on the path to a diabetes-free future. Contact Information IHS Division of Diabetes Treatment and Prevention, 5300 Homestead Road, Albuquerque, New Mexico 87110. Phone (505) 248-4182, Fax (505) 248-4188, Email diabetesprogram@ihs.gov

Fact Sheet on the IHS Division of Diabetes:

<http://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/FactSheets/IHSDDTPOverview08.pdf>

This fact sheet is provided by the Indian Health Services (IHS) Division of Diabetes Treatment and Prevention website.