



Ingham Institute
Applied Medical Research

Gestational diabetes can
strike any woman in pregnancy.

Every year more and more
mums and babies are at risk.

Will you help
prevent mothers and
babies developing
this serious disease?

Gestational Diabetes Mellitus is harming mothers and babies

Gestational Diabetes Mellitus (GDM) is diagnosed when higher than normal blood glucose levels occur during pregnancy.

It can happen to any woman.

The number of women diagnosed with GDM has doubled in Australia the last decade. It's the fastest-growing type of diabetes in Australia.

GDM puts mum and baby at risk of serious complications during pregnancy, birth and later life, potentially leading to:

- the baby being more likely to have post-birth breathing difficulties and needing respiratory assistance
- a two-fold increase in the likelihood the baby will be admitted to a neonatal intensive care unit (NICU)
- serious complications during birth that can have lifelong impacts, including severe peritoneal tearing
- a seven-fold increase in the mother's likelihood of developing Type 2 Diabetes
- the child having a higher risk of developing Type 2 Diabetes later in life

Globally, one in six births (21 million) is affected by hyperglycaemia in pregnancy and in NSW, South Western Sydney has one of the highest prevalence rates of diabetes.



Professor David Simmons

By supporting our research, you are helping to develop community-based approaches to both preventing diabetes and finding more effective treatments that will have a local and global impact.

Early testing can prevent complications at birth

Research being conducted within the Ingham Institute shows that testing before 14 weeks can identify women with gestational diabetes and treatment can commence early in the pregnancy. As a result:



"Over one in twenty babies avoided a group of severe birth complications including birth damage like broken bones or nerves or getting stuck during birth known as shoulder dystocia. In addition, breathing problems requiring oxygen were almost halved and the number of days needed in a neonatal intensive care or special care unit were reduced by 40 per cent. Furthermore, severe damage to and around the mother's birth canal, known as perineal injury, was reduced by 75 per cent."

Distinguished Professor Simmons



With your support,
we can make an earlier GDM test available for all women here and around the world and provide treatments to prevent complications during pregnancy and childbirth.

You can help stop the diabetes epidemic.

One in 10 people around the world are living with diabetes.* (source idf.org)

It's a growing global burden for individuals, families, communities and countries.

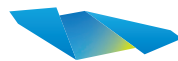
When you support Diabetes Research at Ingham Institute you are helping develop innovative ways to prevent and treat diabetes.

Key initiatives

- Using a population-based approach to turn around the diabetes epidemic
- Early testing to prevent complications during pregnancy and birth
- A peer support program to improve health outcomes for Australian Samoans with diabetes in south-western Sydney
- Developing predictors for the onset of diabetes including an app to capture personal and health data from people in vulnerable groups
- Studying the mechanisms behind the causes and development of diabetes and its complications

Please join us to help prevent and treat the growing global diabetes epidemic and help transform people lives.

For more information or should you wish to personally discuss your giving priorities or philanthropic partnership opportunities please contact our Philanthropy team at **giving@inghaminstitute.org.au** or call **+61 2 8738 9000**.



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