Improving the Care of Women with Diabetes at BWH

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Improving the Care of Women with Diabetes at BWH

1. Clinical care of women with established DM
2. Diagnosis of DM in women
3. Prevention of DM in women
4. Research to improve care and prevention of DM in women
Issues Specific to Women with Diabetes

- Variability of glucose control across the menstrual cycle
- Hormonal Contraception
- Polycystic Ovarian Syndrome
- Pregnancy
- Postpartum prevention of DM in women with hx GDM
- Loss of premenopausal protection against heart disease
- Diagnosis of CVD
- Changes in glucose control with menopause
- Osteoporosis
Clinical Programs for Diabetes Care at BWH

• Inpatient Diabetes Management Service- intensive glucose control for hospitalized patients via clinical protocols
• Inpatient management of diabetes during labor and delivery via clinical protocols
• Outpatient Diabetes Care Clinics
• Under the supervision of Merri Pendergrass, MD PhD
BWH Diabetes in Pregnancy Program

- Established in 1996 by Ellen Seely, MD and High Risk Ob
- Multidisciplinary Program-diabetologists, high risk Obs, diabetes nurse educator, nutritionist
- Has cared for over 2000 pregnant women with diabetes
- Pivotal in changing care of DM in pregnancy from an inpatient to an outpatient care model
Early Diagnosis of Type 2 DM in Women

- Type 2 DM usually present for many years before diagnosis, as a result complications often already present
- Importance of early dx of DM
- Unique predictors of Type 2 DM in women
  - Gestational diabetes-risk >50%
  - Polycystic Ovarian Syndrome-risk 30-40%

Clinical care
Early Diagnosis of Type 2 DM in Women-Gestational Diabetes (GDM)

• ADA has recommended yearly screening for diabetes in women with a hx of GDM
• However, the majority of these women are not being screened
  1-Postpartum GDM group-Rita McCarthy, RNP, CDE
  2-Clinical reminders-Alison Stuebe, MD

Clinical care
Early Diagnosis of Type 2 DM in Women-PCOS

- Women with PCOS also not being screened for DM sufficiently
- Plan is to institute clinical reminder system similar to that for women with a hx of GDM
Prevention of Diabetes in Women

- BWH weight reduction program
- Gestational Diabetes: Women with a history of gestational diabetes run a risk >50% of future development of Type 2 DM
  - Postpartum GDM group - Rita McCarthy, RNP, CDE
  - DPP for women with history GDM - Ellen Seely, MD, Susan Levkoff, ScD et al.
Examples of ongoing research studies

- Characterization of postpartum abnormalities in vascular function in African-American women with a hx of GDM- Rhonda Bentley-Lewis, MD, MBA
- Overcoming barriers to screening women with hx GDM-Alison Stuebe, MD
- Determination and modification of cardiovascular risk factors in women with PCOS- Ellen Seely, MD
- Breastfeeding as a modifiable risk factor for Type 2 DM-Janet Rich-Edwards, ScD
- Tight glucose control in setting of stroke-Rajesh Garg, MD