

postpartum glucose tolerance test

postpartum glucose tolerance test is an essential screening tool used to assess how a woman's body processes glucose following pregnancy, particularly after a diagnosis of gestational diabetes mellitus (GDM). This test helps determine whether blood sugar levels have returned to normal or if there is a persistent glucose intolerance that could indicate the development of type 2 diabetes. Understanding the timing, procedure, interpretation, and implications of the postpartum glucose tolerance test is vital for both healthcare providers and patients to manage long-term health effectively. This article explores the purpose of the test, preparation guidelines, results interpretation, and follow-up care. Additionally, it discusses risk factors and preventive measures to maintain optimal glucose metabolism after childbirth. The following sections provide a comprehensive overview of the postpartum glucose tolerance test and its role in postpartum care.

- What Is a Postpartum Glucose Tolerance Test?
- Importance of the Postpartum Glucose Tolerance Test
- Procedure and Preparation for the Test
- Interpreting Postpartum Glucose Tolerance Test Results
- Follow-up Care and Management After the Test
- Risk Factors and Prevention Strategies

What Is a Postpartum Glucose Tolerance Test?

The postpartum glucose tolerance test is a diagnostic examination conducted after delivery to evaluate how well the body processes glucose. It is primarily recommended for women who experienced gestational diabetes during pregnancy. The test measures blood sugar levels after a fasting period and following the ingestion of a glucose-rich drink. This helps determine whether glucose metabolism has normalized or if there is an ongoing impairment that requires medical attention. The test typically involves the oral glucose tolerance test (OGTT), which is considered the gold standard for this assessment.

Purpose of the Test

The main purpose of the postpartum glucose tolerance test is to detect abnormal glucose regulation that may persist after pregnancy. Women with a history of gestational diabetes have an increased risk of developing type 2 diabetes later in life, making early detection crucial. The test also helps healthcare providers establish whether additional interventions or lifestyle modifications are necessary to prevent future complications related to diabetes.

Timing of the Test

Clinical guidelines recommend performing the postpartum glucose tolerance test between 6 to 12 weeks after delivery. This timing allows for hormonal and metabolic changes related to pregnancy to stabilize. Conducting the test within this window ensures accurate assessment of glucose tolerance and helps identify women who need ongoing monitoring or treatment for impaired glucose metabolism.

Importance of the Postpartum Glucose Tolerance Test

Screening for glucose intolerance after pregnancy is critical due to the significant health risks associated with undiagnosed or untreated diabetes. The postpartum glucose tolerance test plays a vital role in early identification and prevention of chronic health issues. It allows timely intervention to reduce the likelihood of long-term complications such as cardiovascular disease, neuropathy, and kidney problems.

Risk of Developing Type 2 Diabetes

Women diagnosed with gestational diabetes during pregnancy have a substantially higher risk of progressing to type 2 diabetes postpartum. Studies indicate that approximately 50% of women with GDM develop type 2 diabetes within 5 to 10 years after delivery. The postpartum glucose tolerance test serves as an effective tool to stratify risk and implement preventive strategies accordingly.

Impact on Maternal and Child Health

Undetected glucose intolerance postpartum can adversely affect the mother's health and, in subsequent pregnancies, may pose risks to the child. Proper screening ensures that glucose levels are controlled, reducing the likelihood of complications such as macrosomia, preeclampsia, and neonatal hypoglycemia in future pregnancies. Moreover, maintaining normal glucose metabolism supports overall maternal well-being.

Procedure and Preparation for the Test

Understanding the procedure and preparation requirements for the postpartum glucose tolerance test is essential for accurate results. The test involves fasting, consuming a glucose solution, and multiple blood draws over a specified time frame. Proper preparation can minimize factors that might skew test outcomes.

Preparing for the Test

Preparation typically involves fasting for at least 8 hours prior to the test, during which

only water intake is allowed. Patients are advised to avoid heavy physical activity and maintain normal dietary intake in the days leading up to the test. It is also important to inform healthcare providers about any medications or medical conditions that may affect glucose metabolism.

Test Procedure

The postpartum glucose tolerance test usually begins with a fasting blood glucose measurement. Afterward, the patient drinks a standardized glucose solution containing 75 grams of glucose. Blood samples are then collected at one-hour and two-hour intervals to monitor how the body processes the glucose load. The entire procedure typically lasts about two hours and requires the patient to remain seated and refrain from eating during the test.

Interpreting Postpartum Glucose Tolerance Test Results

Accurate interpretation of the postpartum glucose tolerance test results is critical for diagnosing glucose intolerance or diabetes. The results are compared against established glucose thresholds to classify the patient's glucose metabolism status. Understanding these classifications guides clinical decision-making and subsequent care.

Normal Glucose Tolerance

Normal results indicate that fasting and post-glucose load blood sugar levels fall within accepted ranges, suggesting that the body effectively regulates glucose. Women with normal glucose tolerance typically require routine follow-up but no immediate intervention.

Impaired Glucose Tolerance or Prediabetes

Results showing elevated blood sugar levels that do not meet diabetes criteria indicate impaired glucose tolerance or prediabetes. This condition signals a higher risk for progression to type 2 diabetes and warrants lifestyle modifications and regular monitoring to prevent deterioration.

Diagnosis of Diabetes Mellitus

When fasting or post-load glucose levels exceed diagnostic thresholds, a diagnosis of diabetes mellitus is made. This finding necessitates further evaluation, treatment initiation, and ongoing management to control blood sugar and prevent complications.

Follow-up Care and Management After the Test

Postpartum glucose tolerance test results inform the necessary follow-up care and management strategies to optimize health outcomes. Depending on the findings, healthcare providers develop individualized plans that may include lifestyle interventions, medication, and continued monitoring.

Lifestyle Modifications

For women with normal or impaired glucose tolerance, lifestyle changes are often the first recommendation. These changes include:

- Adopting a balanced, low-glycemic diet rich in fiber and whole grains
- Engaging in regular physical activity, such as walking or aerobic exercises
- Maintaining a healthy body weight
- Avoiding tobacco use and limiting alcohol consumption

Medical Management

In cases where diabetes is diagnosed, pharmacologic treatment may be necessary. This can involve the use of oral hypoglycemic agents or insulin therapy depending on the severity of hyperglycemia. Regular follow-up with healthcare providers is essential to monitor glucose control and adjust treatment as needed.

Long-Term Monitoring

Women with a history of gestational diabetes require ongoing glucose screening at regular intervals beyond the postpartum period. Annual or biennial testing is recommended to detect any progression toward type 2 diabetes early and implement timely interventions.

Risk Factors and Prevention Strategies

Identifying risk factors for postpartum glucose intolerance enables targeted prevention and early intervention. Awareness of these factors helps healthcare providers and patients adopt effective strategies to reduce the risk of developing diabetes.

Common Risk Factors

Several risk factors increase the likelihood of abnormal postpartum glucose tolerance,

including:

- History of gestational diabetes during pregnancy
- Obesity or excessive weight gain during pregnancy
- Family history of type 2 diabetes
- Advanced maternal age (over 35 years)
- Ethnic backgrounds with higher diabetes prevalence, such as African American, Hispanic, Native American, or Asian descent

Preventive Measures

Preventing postpartum glucose intolerance centers on lifestyle interventions and regular health monitoring. Effective preventive measures include:

- Maintaining a healthy diet low in processed sugars and saturated fats
- Engaging in consistent physical activity to enhance insulin sensitivity
- Weight management before, during, and after pregnancy
- Regular postpartum glucose screening and follow-up care
- Education and support for women at high risk to promote adherence to preventive strategies

Frequently Asked Questions

What is a postpartum glucose tolerance test?

A postpartum glucose tolerance test is a screening test performed after childbirth to check if a woman has developed diabetes or impaired glucose tolerance, especially if she had gestational diabetes during pregnancy.

When should the postpartum glucose tolerance test be done?

The postpartum glucose tolerance test is typically done 6 to 12 weeks after delivery to assess how the body processes glucose after pregnancy.

Why is the postpartum glucose tolerance test important?

It is important because women who had gestational diabetes are at higher risk of developing type 2 diabetes later in life, and the test helps identify early glucose abnormalities for timely intervention.

How is the postpartum glucose tolerance test performed?

The test involves fasting overnight, then drinking a glucose solution, followed by blood samples taken at specific intervals to measure blood sugar levels and assess glucose metabolism.

What happens if the postpartum glucose tolerance test results are abnormal?

If results indicate impaired glucose tolerance or diabetes, the healthcare provider will recommend lifestyle changes, monitoring, and possibly medication to manage blood sugar and reduce the risk of developing type 2 diabetes.

Additional Resources

1. Understanding the Postpartum Glucose Tolerance Test: A Comprehensive Guide

This book offers an in-depth look at the postpartum glucose tolerance test, explaining its purpose, procedure, and significance for new mothers. It provides detailed information on how to prepare for the test and interpret the results. The guide also discusses the implications of abnormal results and potential steps for managing postpartum glucose intolerance.

2. Postpartum Diabetes Screening: Best Practices and Patient Care

Focused on healthcare professionals, this book covers best practices for screening women for diabetes after childbirth. It highlights the importance of the glucose tolerance test in the postpartum period and reviews current guidelines. The text also addresses patient education and strategies to improve follow-up rates among new mothers.

3. Gestational Diabetes and Postpartum Glucose Testing: What Every Mother Should Know

Targeted at mothers who have experienced gestational diabetes, this book explains the necessity of the postpartum glucose tolerance test. It guides readers through understanding their risk of developing type 2 diabetes and offers practical advice on lifestyle changes. The book emphasizes the role of early detection and monitoring in maintaining long-term health.

4. The Science of Glucose Metabolism After Pregnancy

This scientific text delves into the physiological changes in glucose metabolism following pregnancy. Covering the postpartum glucose tolerance test, it discusses how pregnancy affects insulin sensitivity and glucose regulation. Ideal for students and researchers, it bridges clinical practice with metabolic science.

5. *Managing Postpartum Blood Sugar: A Patient's Handbook*

Designed for new mothers, this handbook explains the postpartum glucose tolerance test in simple terms and why it matters. It provides tips for managing blood sugar levels after delivery, including diet, exercise, and monitoring techniques. The book aims to empower women to take control of their postpartum health.

6. *Postpartum Glucose Testing: Clinical Guidelines and Case Studies*

This book offers a detailed review of clinical guidelines surrounding postpartum glucose tolerance testing. It includes real-world case studies illustrating different patient scenarios and outcomes. Healthcare providers will find it a valuable resource for improving diagnostic accuracy and patient counseling.

7. *From Gestational Diabetes to Postpartum Care: A Holistic Approach*

Examining the continuum from pregnancy to postpartum, this book discusses the role of glucose tolerance testing in ongoing care. It advocates for a holistic approach that includes nutrition, mental health, and physical activity. The text supports both patients and clinicians in managing risks associated with gestational diabetes.

8. *Postpartum Screening for Type 2 Diabetes: Methods and Innovations*

This book explores the latest methods and technologies used in postpartum diabetes screening, including advances in glucose tolerance testing. It covers emerging biomarkers, digital health tools, and personalized medicine approaches. The content is geared toward endocrinologists and diabetes specialists.

9. *Nutrition and Lifestyle After Gestational Diabetes: Supporting Healthy Glucose Levels Postpartum*

Focusing on lifestyle interventions, this book offers guidance on nutrition and physical activity to support healthy glucose metabolism after pregnancy. It explains how the postpartum glucose tolerance test fits into a broader strategy of diabetes prevention. The book includes meal plans, exercise routines, and motivational advice for new mothers.

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postpartum glucose tolerance test: Textbook of Diabetes and Pregnancy Moshe Hod, Nir Melamed, Gian Carlo Di Renzo, Hema Divakar, Alberto de Leiva-Hidalgo, Liona C. Poon, Huixia Yang, Yariv Yogeve, 2025-01-28 Written by a cadre of experts, this new edition provides a comprehensive, authoritative, and international view of gestational diabetes mellitus and will be invaluable to maternal-fetal medicine specialists, diabetologists, neonatologists, and a growing number of gynecologists and general physicians concerned with the management of noncommunicable diseases in pregnancy. Offers a comprehensive and authoritative guide to all aspects of the subject internationally Presents an invaluable resource for all working in diabetes, maternal-fetal medicine, and obstetrics Shows the latest developments in research in genomics and

in practice with the digital clinic

postpartum glucose tolerance test: New Postpartum Visit: Beginning of Lifelong Health, An Issue of Obstetrics and Gynecology Clinics, E-Book Haywood Brown, 2020-08-28 In collaboration with Consulting Editor, Dr. William Rayburn, Dr. Haywood Brown has put together an important issue of Obstetrics and Gynecology Clinics of North America that provides clinical information on how to prepare the new mother with life-long health after delivery. Top experts have contributed clinical review articles on the following topics: Breast feeding benefits for mother and infant; Achieving a healthier weight between pregnancies; Gestational diabetes follow-up and long-term health; Postpartum depression and other Mental health issues; Cesarean delivery: Trail of labor for vaginal birth following cesarean; Preterm birth prevention of recurrence; Hypertension, Preeclampsia and cardiovascular disease; Immunizations; Incontinence: Diagnosis and management; Pregnancy loss and stillbirth: Evaluation and follow up; The new mother with substance abuse; and The role of telemedicine in postpartum follow up. Readers will come away with the clinical tools they need to prepare their patients for life-long health after delivery.

postpartum glucose tolerance test: Nutrition and Diet in Maternal Diabetes Rajkumar Rajendram, Victor R. Preedy, Vinood B. Patel, 2017-10-10 This comprehensive volume covers all aspects of nutrition in different scenarios of maternal diabetes, including the Type 1 or Type 2 diabetic mother, gestational diabetes, and postpartum diabetes. The volumes offer a comprehensive, yet thorough, overview of the subject, from the prevalence, risk factors, and insulin requirements of the mother; to possible outcomes and effects on the infant; to dietary advice in general and specific scenarios; and information on macro and micronutrient supplements. There is also a special section on international perspectives on maternal diabetes, with ten chapters that each focus on a different country. Nutrition and Diet in Maternal Diabetes: An Evidence-Based Approach offers an overview of the Type 1 and type 2 diabetic mother, maternal and offspring aspects of gestation diabetes, and breastfeeding and maternal gestational diabetes.

postpartum glucose tolerance test: *Adult-Gerontology Practice Guidelines, Second Edition* Jill C. Cash, Cheryl A. Glass, 2019-02-05 Praise for the First Edition: "Because of the way it is organized, this book meets the needs of both novice and experienced advance practice nurses. Each chapter defines the problem, how often it occurs, and what leads to the problem. To aid in assessment, the book includes the physical examination landmarks as well as diagnostic tests that might be needed. A plan of care is offered with several different alternatives for treatment and then notes what type of follow-up is needed. This would be a great resource for anyone working in the field of geriatrics...Score: 92 - 4 Stars! --Doody's Reviews The first book to encompass adult-gerontology practice guidelines for primary care, this comprehensive resource is useful as both a clinical reference and as a text for health care practitioners working with this population. Concise and up-to-date, the book is distinguished by its easy-to-read outline format that enables readers to quickly access the information they need. The second edition features 27 completely new entries associated with the aging population, an entirely new section on geriatric syndromes, and multiple updates to guideline changes for screenings. Polypharmacy issues are incorporated throughout and the BEERS list of medications is highlighted to guide prescribers in safely tapering or adding medications to a patient's drug regimen. For quick and easy access to information, practice guidelines are organized primarily by body system, disorders are listed alphabetically within each body system, and all disorders are presented in a consistent format. With an emphasis on history taking, the physical exam, and key features of the aging population, each of the more than 240 disorder guidelines include definition, incidence, pathogenesis, predisposing factors, common complaints, other signs and symptoms, subjective data, physical exam, diagnostic tests, differential diagnoses, plan of care, health promotion, follow-up guidelines, and tips for consultation/referral. Particularly helpful features include Practice Pointers highlighting crucial information for a disorder and bold-faced Alerts." Key patient teaching points are presented at the end of each guideline. Also included are 18 procedures commonly used within office or clinic settings and 140 Patient Teaching Guides that are available digitally. New to the Second Edition: 27 completely new entries New

section on geriatric syndromes Polypharmacy alerts are incorporated throughout BEERS list of medications is highlighted for each disorder Updated guidelines for various screenings Medicare Coverage and Eligibility Screening U.S. Preventative Services Task Force recommendations on colonoscopy, screening mammogram guidelines, pap smears and pelvic examinations Deprescribing Algorithms ASCCP Algorithms Key Features: Focuses specifically on adult and older adult populations Presented in easy-to-read outline format for quick access to information Delivers consistent presentation of more than 240 disorders by body system Reviews 17 commonly used procedures step by step Provides "Practice Pointers" to indicate important care points Offers digital access to more than 140 extensive Patient Teaching Guides to customize and print

postpartum glucose tolerance test: Pregnancy Complications: Advances in Research and Treatment: 2011 Edition , 2012-01-09 Pregnancy Complications: Advances in Research and Treatment: 2011 Edition is a ScholarlyBrief™ that delivers timely, authoritative, comprehensive, and specialized information about Female Urogenital Diseases and Pregnancy Complications in a concise format. The editors have built Pregnancy Complications: Advances in Research and Treatment: 2011 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Female Urogenital Diseases and Pregnancy Complications in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Pregnancy Complications: Advances in Research and Treatment: 2011 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

postpartum glucose tolerance test: Adult-Gerontology Practice Guidelines Jill C. Cash, 2023-02-13 Praise for the First Edition: Because of the way it is organized, this book meets the needs of both novice and experienced advance practice nurses. Each chapter defines the problem, how often it occurs, and what leads to the problem. To aid in assessment, the book includes the physical examination landmarks as well as diagnostic tests that might be needed. A plan of care is offered with several different alternatives for treatment and then notes what type of follow-up is needed. This would be a great resource for anyone working in the field of geriatrics...Score: 92 - 4 Stars! --Doody's Reviews This hands-on text and clinical reference--used by thousands of NP students and practitioners alike--delivers national practice guidelines and professional standards of care to help clinicians deliver optimal primary care to adult and older adult patients. The new third edition, featuring the expert input of two renowned Adult-Gerontology practitioners, updates all chapters, teaching guides, and illustrative charts and provides new charts to enhance readability. Fresh content includes information on Sjogren's syndrome; reactive arthritis; elder abuse; LGBTQ health; concussion assessment; joint pain, bursitis, and fractures; peripheral neuropathy; and perimenopause/menopause. The third edition also includes the updated Beers Criteria and covers COVID-19 treatment and vaccines. Ideal for quick reference and as a study guide, the text presents the most up-to-date guidelines in a consistent, easy-to-read, bulleted format. Conveniently organized by body system, it features detailed content on the physical examination and diagnostic testing, information on health promotion, guidelines of care, dietary information, common procedures, national patient resources, and popular Client Teaching Guides--available in print and digital format--that serve as both patient handouts and concise study tools. Clinical points throughout the text highlight critical practice considerations. The book, with its great breadth and depth of information, will be a welcome companion for NP students as they transition to professional practice and beyond. New to the Third Edition: Completely updated content including patient teaching guides and charts New charts added to enhance comprehension Coverage of Sjogren's syndrome; reactive arthritis; elder abuse; LGBTQ health; concussion assessment; joint pain, bursitis, and fractures; peripheral neuropathy, and perimenopause/menopause Latest guidelines on COVID-19 treatment and vaccines Updated Beers Criteria Current CDC recommendations on vaccines and cancer

screening Key Features: Offers consistent guidelines for over 275 disorders Presents practice guidelines organized by body system Lists disorders alphabetically for easy access Highlights key considerations for practice Delivers individual care considerations for adult, geriatric, and pregnant patients Provides Client Teaching Guides serving as both take-home teaching supplements for patients and a concise study tool for students

postpartum glucose tolerance test: *Endocrinology: Adult and Pediatric E-Book* J. Larry Jameson, Leslie J. De Groot, 2015-02-25 Considered the definitive source in its field for over 35 years, *Endocrinology: Adult and Pediatric*, has been thoroughly updated to reflect today's recent advances in adult and pediatric endocrinology. Unique perspectives from a team of trusted, world-renowned experts ensure this medical reference book remains the most highly-regarded text in the field. Make the best clinical decisions with an enhanced emphasis on evidence-based practice and expert opinions on treatment strategies. Zero in on the most relevant and useful references with the aid of a more focused, concise bibliography. Locate information quickly, while still getting the complete coverage you expect. Now in full color, with special design treatment for at-a-glance pediatric content, helping to distinguish the pediatric content. Expanded coverage for key topics such as pediatric endocrinology and obesity mechanisms and treatment, in addition to today's hot topics in endocrinology, including endocrine disruptors, bariatric surgery, androgen deficiency, genetic causes of obesity, endocrine rhythms, and the use of tyrosine kinase inhibitors in thyroid cancer. New content addressing the latest advances in testosterone and estrogen replacement, as well as the new causes of calcium and phosphate disorders, new molecular causes of endocrine cancers, new genetic causes of reproductive disorders, and more. Updated clinical guidelines for diabetes, lipid disorders, obesity management, osteoporosis, and more, as well as essential treatment updates for the medical management of acromegaly, Cushing's Disease, hypercalcemia, and diabetes mellitus. New Key Points provide snapshots of what to expect in each chapter, or serve as a refresher of what you just read. Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, references, and videos from the book on a variety of devices.

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endocrinology, diabetes, and obstetrics.

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postpartum glucose tolerance test: Obstetrics: Normal and Problem Pregnancies E-Book Mark B. Landon, Henry L. Galan, Eric R.M. Jauniaux, Deborah A. Driscoll, Vincenzo Berghella, William A. Grobman, Sarah J. Kilpatrick, Alison G. Cahill, 2020-02-17 Highly readable, well-illustrated, and easy to understand, Gabbe's Obstetrics: Normal and Problem Pregnancies is an ideal day-to-day reference or study tool for residents and clinicians. This 8th Edition of this bestselling text offers fast access to evidence-based, comprehensive information, now fully revised with substantial content updates, new and improved illustrations, and a new, international editorial team that continues the tradition of excellence established by Dr. Steven Gabbe. - Puts the latest knowledge in this complex specialty at your fingertips, allowing you to quickly access the information you need to treat patients, participate knowledgeably on rounds, and perform well on exams. - Contains at-a-glance features such as key points boxes, bolded text, chapter summaries and conclusions, key abbreviations boxes, and quick-reference tables, management and treatment algorithms, and bulleted lists throughout. - Features detailed illustrations from cover to cover—many new and improved—including more than 100 ultrasound images that provide an important resource for normal and abnormal fetal anatomy. - Covers key topics such as prevention of maternal mortality, diabetes in pregnancy, obesity in pregnancy, vaginal birth after cesarean section, and antepartum fetal evaluation. - Provides access to 11 videos that enhance learning in areas such as cesarean delivery and operative vaginal delivery. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices

postpartum glucose tolerance test: Carbohydrate Metabolism in Pregnancy and the Newborn · IV Hamish W. Sutherland, John M. Stowers, Donald W.M. Pearson, 2012-12-06 Traditions are dangerous; doubly so in science. Traditions are unchanging; science is about change. This was the

4th International Colloquium on Carbohydrate Metabolism in Pregnancy and the Newborn to be held in Aberdeen, and by now the form is set. How much its content has changed is a matter of nice judgement and not under the control of the organizers. It is not within their power to bring news of revolution, if there has been no revolution. Certainly many of the speakers had kent faces from previous Aberdeen meetings, but so they would be at any meeting on diabetes anywhere in the world. The written proceedings of scientific conferences have purposes other than to record changes: sometimes they need to state a consensus. The 3rd Colloquium came to an agreement about the importance of prepregnancy recognition and control of abnormalities of carbohydrate metabolism. The 4th set out to examine what results it had achieved. Much of this book is taken up with follow-up studies of the applications of similar regimes in different parts of the world. Since the first Aberdeen meeting in 1973, progress in the management of diabetic pregnancy has been slow and steady, but the change in the city and the society where the meetings took place has been fast.

postpartum glucose tolerance test: Gestational Diabetes During and After Pregnancy

Catherine Kim, Assiamira Ferrara, 2014-01-02 Gestational Diabetes Mellitus is becoming an increasingly prevalent disease as obesity and other chronic diseases are on the rise. It requires careful and informed clinical management as the care received during pregnancy affects not only perinatal health but the risk of developing type 2 diabetes even decades into the future, in both the mother and the child. From epidemiology and pathophysiology to diagnosis and management, covering recent breakthroughs in research and up-to-date developments in clinical practice, *Gestational Diabetes During and After Pregnancy* offers the reader a comprehensive and current look at Gestational Diabetes. Anyone involved in the research, public health or clinical aspects of Gestational Diabetes will find this volume a valuable aid in consolidating all recent developments regarding this disease.

postpartum glucose tolerance test: Endocrinology Adult and Pediatric: Diabetes Mellitus and Obesity E-Book

Gordon C Weir, J. Larry Jameson, Leslie J. De Groot, 2013-07-15 Meet the growing challenges of diabetes and obesity management with *Endocrinology: Adult and Pediatric: Diabetes Mellitus and Obesity* - a new diabetes and obesity eBook from the same expert endocrinologists responsible for the highly acclaimed two-volume *Endocrinology* clinical reference. With all of the latest advances loaded on your favorite eReader, you'll be able to put today's best practices to work for your patients. - Stay abreast of the newest knowledge and advances in diabetes mellitus and obesity, including today's increased focus on controlling autoimmunity and preserving or replenishing beta-cell mass in the management of type 1 diabetes; complications of diabetes and their pathogenesis, morbidity, and treatment; new findings and treatments for obesity; and much more. - Count on all the authority that has made *Endocrinology*, 6th Edition, edited by Drs. Jameson and DeGroot, the go-to clinical reference for endocrinologists worldwide. - Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Compatible with Kindle®, nook®, and other popular devices.

postpartum glucose tolerance test: Type 2 Diabetes

Anca Pantea Stoian, 2021-09-22 Diabetes mellitus is a metabolic disease characterized by chronic high blood glucose levels. Of the various types of diabetes, type 2 diabetes is increasing in prevalence due to obesity, aging, sedentarism, and other factors. This book presents a novel approach to preventing and treating type 2 diabetes. Chapters cover such topics as diagnosis, pathogenesis, management, lifestyle and nutritional intervention, and systems to support early diagnosis and prevention of prediabetes.

postpartum glucose tolerance test: The Johns Hopkins Manual of Gynecology and

Obstetrics The Johns Hopkins University School of Medicine Department of Gynecology and Obstetrics, K. Joseph Hurt, Matthew W. Guile, Jessica L. Bienstock, Harold E. Fox, Edward E. Wallach, 2012-03-28 The Johns Hopkins Manual of Gynecology and Obstetrics, Fourth Edition is the perfect on-the-spot reference for clinicians who deal with obstetric and gynecologic problems. Written by residents in obstetrics and gynecology at The Johns Hopkins University, this popular manual covers virtually every clinical situation in obstetrics, high-risk obstetrics, gynecology, reproductive endocrinology, infertility, and gynecologic oncology. The easy-to-use outline

format—modeled after The Washington Manual® of Medical Therapeutics—helps busy clinicians find information quickly. A list of frequently used drugs with dosages is included. This updated edition includes the latest information on hormone therapies, birth control, and drugs. New chapters cover dysmenorrhea, neurological disease in pregnancy, and psychiatric disease in pregnancy. Also, addresses the CREOG Educational Objectives.

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