# Educate Women About Risks of Type 2 Diabetes

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HOLLYWOOD, FLA. — Women need to be better educated about the risks of type 2 diabetes in pregnancy, Dr. Erin Keely said at the annual meeting of the Society for Obstetric Anesthesia and Perinatology.

"Type 2 diabetes is at least as dangerous in pregnancy as type 1 diabetes," said Dr. Keely of the University of Ottawa.

The incidence of type 2 diabetes is on the rise—largely due to the increasing prevalence of obesity. Since 1991, there has been more than a 60% increase in the prevalence of obesity.

Currently, about 6% of women of childbearing age are morbidly obese (body mass index over 40), and obesity is associated with substantially increased risk of gestational diabetes and type 2 diabetes.

In fact, 90% of women with type 2 diabetes are overweight, Dr. Keely noted.

The problem of increasing type 2 diabetes in pregnancy is compounded by the fact that the age of onset of type 2 diabetes is decreasing, and maternal age is increasing, she said.

Research suggests that type 2 diabetes is associated with double the risk of stillbirth, 2.5 times the risk of perinatal mortality, and 11 times the risk of congenital anomalies as healthy pregnancies.

Hypertension, anesthesia-related mortality, and preeclampsia are also increased.

Furthermore, maternal diabetes appears to have long-term health consequences for offspring, who have a dramatically increased risk of diabetes and other health problems throughout life.

The perception that type 2 diabetes is not as dangerous as type 1 diabetes leaves many pregnant women with the condition with less "prepregnancy optimization," Dr. Keely noted.

Many of these women do not have specialized care, she explained, and as a result they receive less education about the seriousness of the illness. ■



# Smoking May Slow Healing After Cesarean

WASHINGTON — Data from 597 cesarean sections suggest that smoking may slow wound healing, Dr. Cecilia Avila reported in a poster presented at the annual meeting of the American College of Obstetricians and Gynecologists.

Both smoking and chorioamnionitis were significantly associated with wound complications in 20 cases of infection and 10 cases of hematoma that were identified in a case-control review of patients who had cesarean sections during a 7-year period.

**In addition, chorioamnionitis was about five times more common in patients with wound complications vs. patients without the complications.**

Overall, wound complications were about three times more likely in smokers, wrote Dr. Avila of Stony Brook (N.Y.) University Hospital.

About 47% of the patients with wound complications were smokers, compared with 28% of the patients without wound complications.

In addition, chorioamnionitis was about five times more common in patients with wound complications, compared with patients without wound complications (28% vs. 7%).

The independent associations between smoking and wound complications and between chorioamnionitis and wound complications remained significant in a logistic regression analysis, the investigators noted.

Younger maternal age, premature membrane rupture, primary cesarean delivery, and earlier gestational age showed trends toward an association with wound complications, but these associations did not reach statistical significance. No associations were found between wound complications and several other clinical variables including body mass index, diabetes, and substance use.

**—Heidi Splete**

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