

The Voice of Board

Dear Colleagues,

The management of diabetes during pregnancy, despite considerable progress in diabetology in recent years, still remains a big challenge. Our efforts are aimed at achieving pregnancy outcomes in women with diabetes that are similar to those of the non-diabetic obstetric population. Poland was a signatory of 1989 Saint Vincent Declaration, a document setting goals for the improvement of diabetes care accepted on the meeting of representatives of government health care departments and patient organizations from all European countries, under the aegis of World Health Organization (WHO) and International Diabetes Federation (IDF). Despite the fact that 25 years have passed and huge efforts have been made, the rates of birth defects, preterm deliveries and different neonatal complications are still 2–5-fold higher than in the general population. The number of women with diabetes diagnosed during pregnancy and the problems related to excessive birth weight have increased in recent years. This in turn will result in the future in higher incidence of diabetes in the population of women with a history of GDM and their children.

Large-scale activities that are undertaken to prevent these unfavourable trends include continuous upskilling of medical staff and broadly defined patients' education. Our community in cooperation with The Great Orchestra of Christmas Charity run by Jurek Owsiak for many years has implemented the insulin pump therapy programme for diabetic women who plan to become pregnant or already are pregnant. Thank to this aid, those women can be offered the most sophisticated treatment for diabetes available today. In 2012, the new initiative was suggested to establish a medical registry collecting data on the course of pregnancy in women on pump therapy and, subsequently, such a Registry has been created titled *Wieloośrodkowe badanie obserwacyjne w trakcie ciąży u kobiet z cukrzycą typu 1 leczonych przy pomocy pomp insulinowych Paradigm podarowanych przez fundację Wielka Orkiestra Świątecznej Pomocy w Polsce* (Multicentre observational trial in pregnant women

with type 1 diabetes treated with Paradigm insulin pumps provided by the Great Orchestra of Christmas Charity foundation). The main aim of the trial was to compare the course of pregnancy and obstetric outcomes depending on the duration and type of the therapy (pump therapy implemented before vs. during pregnancy, pump therapy without vs. with continuous subcutaneous glucose monitoring). In December 2015, the recruitment has been finished and 500 patients have been included in the Registry. Final results are expected in 2017, but data on the characteristics of the study population will be available soon — patients' age, diabetes duration, concomitant chronic complications, metabolic control before and at the beginning of pregnancy and many more parameters of interest. These are unique data in Poland.

This huge project involved medical professionals from 31 centres in Poland. Hereby, I would like to thank them on behalf of Registry Scientific Committee for their commitment and ask them for further cooperation. We expect that these data will be of invaluable cognitive and clinical value. According to our knowledge, it is the first observational study of this type including such a large population of pregnant women with type 1 diabetes. Preliminary data will be presented during the Congress of the Polish Diabetes Association in Kielce, at the session on May 7, 2016. We encourage you to attend this event!

Another task of Obstetric Section of PDA is ensuring that the guidelines on management of pregnant women with diabetes are continually reviewed and updated and promoting these guidelines among physicians. Since 2015, new recommendations concerning diagnostic criteria for gestational diabetes mellitus (GDM), based on WHO guidelines, have been implemented in Poland. These guidelines are more precise than the previous one and, therefore, are easier to interpret; however, they still raise a lot of discussion both in Poland and all over the world. In Poland, thanks to the cooperation with Polish Gynaecological Association, criteria recommended by both societies are the

same, which results in good understanding between diabetologists and gynaecologists. However data on actual number of women with gestational diabetes mellitus and obstetric outcomes as well as evidences from long-term observation of mothers and children for metabolic disorders are lacking. Some information have been obtained from the project „We care for the Mothers“ that was performed during recent years

in several centres in Poland (Diabet. Klin. 2014; 3, 4: 144–156); however, the prevalence of GDM in Polish population of pregnant women still remains unclear.

The problems mentioned above need to be resolved, and our community is successively undertaking relevant activities. The coming month and years will show how St. Vincent Declaration is implemented in Poland.

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