

Diabetes DVD urges women to plan for pregnancy

Posted 5 November by Hollie Ewers

Researchers at Queen's University Belfast have produced a new DVD to encourage all women with diabetes to plan for pregnancy.

Created by the School of Nursing and Midwifery at Queen's University Belfast, in conjunction with the South Eastern and Belfast Health and Social Care Trusts, *Women with Diabetes – things you need to know (but maybe don't)*, raises awareness about important reproductive health issues for women with diabetes.

Project leader Dr Valerie Holmes said: 'It is important that women with diabetes are aware of the importance of planning their pregnancy. Almost all women with diabetes can have healthy babies if good pre-pregnancy blood glucose control is achieved.'

The DVD has been funded by Diabetes UK Northern Ireland and features women with diabetes sharing their experiences along with commentary providing the relevant research evidence. As part of the project, diabetes healthcare teams throughout Northern Ireland will be provided with copies of the DVD for distribution to all women with diabetes of childbearing age.

Babies born to women with diabetes are more likely to be affected by congenital defects including spina bifida and heart and kidney anomalies. However, good blood glucose control before and during pregnancy can reduce this risk.

For more information go to: www.qub.ac.uk