

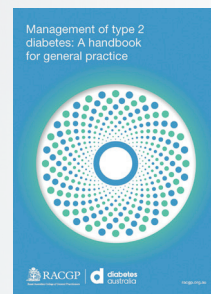
New edition of the RACGP and Diabetes Australia's diabetes handbook

The RACGP and Diabetes Australia's 2020 edition of *Management of type 2 diabetes: A handbook for general practice* is focussed on clinically relevant, evidence-based information and guidelines for primary care.

This edition has many useful updates and is available in a new online format.

It has special new sections on early-onset diabetes, mental health in T2D, managing T2D in older people and using technology in T2D.

There is new information on managing T2D during Ramadan, cessation of SGLT2 inhibitors during illness or before surgery and managing PCOS. It's a great resource for diabetes prevention and management. Download the book at: www.racgp.org.au/diabetes-handbook



Gestational Diabetes – the Intergenerational Epidemic

Over the next decade over half a million women in Australia are expected to develop Gestational Diabetes (GDM). These mothers and children will be at high risk of developing T2D. Diabetes Australia has described this as an 'intergenerational diabetes epidemic.'

A Position Statement 'Gestational Diabetes in Australia' has the latest key points. It's readable and concise, written for a lay audience.

GDM can lead to serious (but usually preventable) complications in pregnancy and birth. Complications for the mother can include a higher risk of pre-eclampsia (with consequent risk of seizure and death), higher incidence of birth trauma, Caesarean birth, and ante- and post-natal depression. Dangers to babies affected by GDM include more frequent prematurity, macrosomia, shoulder dystocia and respiratory distress syndrome. Most significantly, mothers with GDM are at a seven-fold risk of developing T2D.

The document summarises who is at risk, why the number of afflicted women is increasing, and even the effects of GDM on health services. The National Gestational Diabetes Register provides reminders about the need for regular screening for T2D and information about reducing the risk of developing T2D.

This valuable resource has a place in your waiting room or on your desk. Look out for it.

The Position Statement is a joint release from Diabetes Australia, the Australian Diabetes Educators Association and the Australian Diabetes Society available at: www.diabetesaustralia.com.au/position-statements.

GDM is the fastest growing type of diabetes in Australia. The number of women diagnosed annually has more than doubled over the past decade. In 2019, almost 41,000 women were diagnosed with GDM.

Diabetes Australia Position Statement
Gestational Diabetes In Australia August 2020