**Term Project Milestone 2: Accompanying Paper to Presentation**

**Topic: Relationship between Gestational Diabetes, Pre-eclampsia, and Postpartum Depression**

Jonathon D Scroggins

Bellevue University

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While my wife was pregnant, she was put under even more restrictions. She tested positive for a condition called Gestational Diabetes and was restricted on what she could eat. She was also being monitored for increased blood pressure and after birth was hospitalized for a condition called Preeclampsia. Then after all this the doctor made comments about my wife being on watch for Postpartum Depression. As I was starting this project, this situation came to mind. It got me thinking about how many women deal with these conditions and if there is any relationship between them. I compared the search engine data for these topics and found what looked like very similar trends over the past 5 years.

Gestational diabetes and Pre-eclampsia are two serious conditions that can affect women during gestation. In fact, “pre-eclampsia is the leading cause of maternal and fetal morbidity and mortality” (Weissgerber & Mudd, 2015). Gestational diabetes affects about 3-5% of women, whereas preeclampsia affects 5-10%. They also have many of the same risk factors form maternal age to obesity. One other risk factor to note for both conditions is ethnicity. Studies have shown that both conditions are more prevalent in non-white women, most prevalent in black women. “The majority of researchers who have studied the long term consequences of these two conditions have focused on the effect that GDM has on a the risk for preeclampsia, and they have determined that GDM itself is an independent risk factor for preeclampsia.” (Lee et al., 2017). After looking over some of the studies, most of them point to a significant relationship between gestational diabetes and preeclampsia. In fact, one study concluded, “In this large population-based study, we found a significantly increased risk of gestational hypertension, mild pre-eclampsia, and severe preeclampsia among women with gestational diabetes. After adjustment for confounders, the risk of developing these serious disorders was 1.5 times greater among women with gestational diabetes.” (Bryson, Ioannou, Rulyak, & Critchlow, 2003).

Postpartum depression is another serious condition that women are at risk for. Studies have even shown that women that have either gestational diabetes, preeclampsia, or both are at a higher risk and should be monitored more closely. After mild preeclampsia, 23% reported depressive symptoms at any time up to 26 weeks postpartum compared to 44% after severe preeclampsia. In an analysis of 18 studies with a sample size over two million meta-analysis results showed that GDM significantly increased the risk for postpartum depression.

In conclusion, I think there is a significant relationship between these three conditions. If we could go back, I wish the doctors had been more up front with the information about the risks for these conditions, especially after my wife tested positive for gestational diabetes. Looking at the trend data for these conditions it seems to be clear that women are searching out the symptoms and what to watch for with these conditions and need to be educated on them.

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