

Hormonal contraception may up gestational diabetes risk

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The type of contraceptives used before pregnancy may influence the risk of gestational diabetes mellitus, according to research published July 17 in *Preventing Chronic Disease*.

(HealthDay)—The type of contraceptives used before pregnancy may influence the risk of gestational diabetes mellitus (GDM), according to research published July 17 in *Preventing Chronic Disease*.

Brittney A. Kramer, M.P.H., of the Missouri Department of Health and Senior Services in Jefferson City, and colleagues analyzed data for 2,741 women who completed the 2007 to 2008 Missouri Pregnancy Risk Assessment Monitoring System. The authors sought to examine the association between contraceptive method used before [pregnancy](#) and maternal risk for GDM.

The researchers found that, among the women surveyed, 17.9 percent

had used hormonal contraceptive methods and 8.3 percent were diagnosed with GDM. Women who used hormonal methods of contraception were more likely to be diagnosed with GDM (adjusted odds ratio [aOR], 1.43; 95 percent confidence interval [CI], 1.32 to 1.55) than those who used no contraception. Women who used barrier methods of contraception were less likely to be diagnosed with GDM (aOR, 0.79; 95 percent CI, 0.72 to 0.86) than those who used no contraception.

"Findings suggest there may be a relationship between type of contraceptive method and GDM," the authors write. "More research is needed to verify contraception as a potential risk factor for GDM."

More information: [Full Text \(subscription or payment may be required\)](#)

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