

CPR levels were significantly higher in the diabetic infants than in the non-diabetic infants ( $p < .01$ ) (Table). The higher CPR levels were, the more likely infants were diabetic, with an adjusted odds ratio (OR) of 2.73 per 1 ng/ml (95% confidence interval [CI], 1.37-5.44). If  $CPR > 2.0$  ng/ml, adjusted OR for diabetic macrosomia was 7.06 (95% CI, 2.02-24.67).

**CONCLUSION:** Our findings suggest that, in term singleton LGA infants, cord serum CPR is a useful marker of diabetic macrosomia, being distinguishable from non-diabetic macrosomia.

### Cord serum CPR levels in diabetic and non-diabetic infants

	Diabetic infants (n=25)	Non-diabetic infants (n=72)	P value
GA at birth (wk)	39.3±0.9	39.8±1.3	ns
BW (g)	3,863±235	3,781±265	ns
BWSD	2.9±0.8	2.4±0.7	<.01
Cord CPR (ng/ml)	1.75±0.07	1.18±0.61	<.01

BW, birthweight; BWSD, birthweight standard deviation; GA, gestational age.

### 262 Risk factors associated with postpartum impaired glucose tolerance at the first postpartum screening in women with gestational diabetes

Yukari Kugishima<sup>1</sup>, Ichiro Yasuhi<sup>1</sup>, Hiroshi Yamashita<sup>1</sup>, Masashi Fukuda<sup>1</sup>, Takeshi Watanabe<sup>1</sup>, Yoshinori Mizutani<sup>1</sup>, Akiko Kuzume<sup>1</sup>, Takashi Hashimoto<sup>1</sup>, So Sugimi<sup>1</sup>, Yasushi Umezaki<sup>1</sup>, Sachie Suga<sup>1</sup>, Nobuko Kusuda<sup>1</sup>

<sup>1</sup>Nagasaki Medical Center, Obstetrics and Gynecology, Omura, Japan

**OBJECTIVE:** Gestational diabetes mellitus (GDM) is associated with much increased risk of developing diabetes later on in life. The purpose of this study was to identify risk factors associated with abnormal glucose tolerance (AGT) at the first postpartum 75g oral glucose tolerance test (OGTT) in women with GDM in their index pregnancies.

**STUDY DESIGN:** We included women with GDM who had the first postpartum OGTT at 6-8 week postpartum. Women with overt diabetes in pregnancy were excluded. We investigated the association between abnormal OGTT results in the first glucose screening at 6-8 weeks postpartum and maternal risk factors including age, prepregnancy body mass index (BMI), insulin therapy in pregnancy, plasma glucose (PG) levels, HbA1c, fasting immunoreactive insulin (IRI), and insulinogenic index ( $II = \Delta IRI[30\text{-min}]/\Delta PG[30\text{-min}]$ ) at the time of OGTT during pregnancy. We defined impaired glucose tolerance and diabetes by using WHO criteria as postpartum AGT. We tested the association between the risk factors and AGT by using logistic regression analysis.

**RESULTS:** We included 168 women with GDM, to whom we examined OGTT at  $6.9 \pm 1.5$  weeks postpartum. Fifty-seven women (34%) showed postpartum AGT. In univariate analysis, 1-hour PG at OGTT ( $p < 0.005$ ), HbA1c ( $p < 0.0005$ ), II ( $p < 0.02$ ), and insulin therapy ( $p < 0.001$ ) were associated with postpartum AGT. Among them, II ( $p < 0.05$ ) and insulin therapy ( $p < 0.0001$ ) were independent risk factors of postpartum AGT after adjusting for maternal age, prepregnancy BMI, gestational age, and PG levels at OGTT during pregnancy. Adjusted odds ratios for postpartum AGT in women with  $II < 0.4$  and women with insulin therapy were 5.6 (95% confidence interval, 1.56-20.39) and 3.43 (1.03-12.6), respectively.

**CONCLUSION:** In women with GDM, lower II, as a marker of early phase of insulin secretion during OGTT, and insulin therapy during pregnancy are independent risk factors of AGT at 6-8 weeks postpartum.

### 263 Glycemic control in gestational diabetes: it's all a matter of timing

Janelle Foroutan<sup>1</sup>, Barak Rosenn<sup>1</sup>, Katarzyna Suffecool<sup>1</sup>, Kimberly Herrera<sup>1</sup>, Sophia Scarpelli<sup>1</sup>, Lois Brustman<sup>1</sup>

<sup>1</sup>St. Luke's-Roosevelt Hospital Center, Department of Obstetrics and Gynecology, New York, NY

**OBJECTIVE:** For patients with gestational diabetes (GDM), achieving glycemic control (GC) earlier in pregnancy is presumably associated with improved maternal and neonatal outcome. We sought to determine if the gestational age (GA) at which good GC is achieved affects outcome regardless of the method used to diagnose GDM.

**STUDY DESIGN:** A retrospective cohort study was performed by reviewing the charts of all patients with GDM enrolled in our Diabetes in Pregnancy Program from January 2009-May 2012. Before 10/2010, the 2-step method was used, with a 50-gm OGCT followed by a 100-gm OGTT. From 10/2010, the 75-gm OGTT 1-step method was used, as recommended by the American Diabetes Association. Exclusion criteria included:  $< 18$  years of age and initial GDM screening or testing  $< 24$  weeks or  $\geq 34$  weeks gestation. Good GC was defined as a mean glucose  $\leq 100$ mg/dL over a 2 week period. Failure to achieve GC with diet modification was followed by medical therapy. Patients were analyzed based on the GA at which good GC was achieved regardless of the diagnostic method used. Patients who achieved good GC by 28, 30, 32, 34 and 36 weeks were compared to those who achieved GC later. Statistical analysis included Chi square and Student's t-test.

**RESULTS:** The study included 566 patients: 323 were diagnosed by the 2-step method and 234 by the 1-step method. At each GA, regardless of the diagnostic method used, achieving good GC was associated with earlier diagnosis, earlier enrollment in the diabetes program, earlier initiation and lower doses of medications, lower mean glucose, and lower BMI, compared to patients who achieved good GC at a later gestational age. Achieving good GC prior to 32 weeks was also associated with less LGA. The table compares patients who achieved GC before and after 30 and 32 weeks.

**CONCLUSION:** The method of diagnosing GDM appears to be less significant than reaching good GC as early in pregnancy as possible. Both the 1-step and 2-step methods are acceptable diagnostic tools providing they lead to timely intervention.

	Glycemic Control < 30 wks	Glycemic Control $\geq 30$ wks	p
BMI (Kg/m <sup>2</sup> )	23.53 ± 4.2	25.19 ± 5.5	<0.001
GA at GTT (weeks)	25.50 ± 0.9	27.57 ± 2.01	<0.001
GA at diabetes program entry (weeks)	27.11 ± 1.1	29.76 ± 2.4	<0.001
GA at glyburide start (weeks)	30.32 ± 2.3	31.85 ± 2.7	<0.05
Final glyburide dose (mg)	3.07 ± 1.6	6.11 ± 4.9	<0.001
GA at insulin start (weeks)	29.78 ± 2.5	32.83 ± 2.5	0.0823
Mean glucose (mg/dL)	91.45 ± 4.6	96.90 ± 8.1	<0.001
	Glycemic control < 32 weeks	Glycemic control $\geq 32$ weeks	p
BMI (Kg/m <sup>2</sup> )	23.58 ± 4.4	25.75 ± 5.7	<0.001
GA at GTT (weeks)	26.28 ± 1.3	27.84 ± 2.3	<0.001
GA at diabetes program entry (weeks)	28.14 ± 1.6	30.08 ± 2.5	<0.001
GA at glyburide start (weeks)	31.33 ± 2.67	31.18 ± 2.7	0.2673
Final glyburide dose (mg)	3.10 ± 1.8	6.60 ± 5.0	<0.001
GA at insulin start (weeks)	29.68 ± 2.2	32.94 ± 2.5	<0.05
Final insulin dose (units/Kg)	31.60 ± 27.4	66.09 ± 54.7	0.05
Mean glucose (mg/dL)	91.52 ± 4.8	98.79 ± 8.2	<0.001

Data presented as mean ± SD.

### 264 The one-step method for screening and diagnosis of gestational diabetes: is it really better?

Janelle Foroutan<sup>1</sup>, Barak Rosenn<sup>1</sup>, Katarzyna Suffecool<sup>1</sup>, Kimberly Herrera<sup>1</sup>, Anna Fuchs<sup>1</sup>, Sophia Scarpelli<sup>1</sup>, Lois Brustman<sup>1</sup>

<sup>1</sup>St. Luke's-Roosevelt Hospital Center, Department of Obstetrics and Gynecology, New York, NY

**OBJECTIVE:** There is a lack of consensus regarding the optimal method to diagnose gestational diabetes (GDM). The goal of this study was to test the hypothesis that the 1-step method for the diagnosis of GDM