

Pregnant women with type 1 diabetes are at risk of giving birth prematurely

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Pregnant women with type 1 diabetes are at increased risk of delivering their baby prematurely. The risk increases as blood sugar levels rise, however women who maintain the recommended levels also risk giving birth prematurely. These are the findings from researchers at Karolinska Institutet and the Sahlgrenska Academy in Sweden, published in *Annals of Internal Medicine*.

In a previous study published in *The BMJ*, the research group showed that pregnant women with type 1 diabetes were at an increased risk of having babies with heart defects. Now, a new study is published that shows how women with type 1 diabetes have an increased risk of giving birth prematurely.

"High long-term blood sugar, so called HbA1c, during pregnancy is linked to an increased risk for complications, including preterm birth. The risk is highest amongst those with HbA1c levels above 8-9 per cent (approximately 60-70 mmol/mol), but even those who maintain their HbA1c (below 6.5 per cent, equivalent to

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