

4.4 mmol/L is optimal fasting glucose cutoff for GDM screening

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(HealthDay)—A fasting plasma glucose value of 4.4 mmol/L is the optimal cut point for determining which pregnant Chinese women need a 75-g 2-h oral glucose tolerance test offered at 24 to 28 weeks' gestation, according to a study published online March 27 in *Diabetes Care*.

Wei-Wei Zhu, M.D., from Peking University First Hospital in China, and colleagues analyzed the medical records and results of a 75-g 2-h [oral glucose tolerance test](#) (OGTT) from 24,854 pregnant women without known pre-gestational diabetes mellitus (pre-GDM).

The researchers found that a fasting plasma glucose cutoff value of 5.1 mmol/L identified 3,149 pregnant women (12.1 percent) with GDM. A fasting plasma glucose cutoff value of 4.4 mmol/L ruled out GDM in 15,369 women (38.2 percent) women, which would miss 12.2 percent of patients with mild GDM. The [positive predictive value](#) is 0.322, and the negative predictive value is 0.928.

"Fasting [plasma glucose](#) at 24 to 28 weeks' gestation could be used as a screening test to identify GDM patients in low-resource regions," the authors write.

More information: [Abstract](#)
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