

# Serum prolactin in pregnancy predicts prediabetes / diabetes

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(HealthDay)—Serum prolactin in pregnancy predicts the risk of

postpartum prediabetes/diabetes, according to a study published online April 26 in *Diabetes Care*.

Ravi Retnakaran, M.D., from Mount Sinai Hospital in Canada, and colleagues measured fasting serum prolactin, human placental lactogen (HPL), and 3-carboxy-4-methyl-5-propyl-2-furanpropanoic acid (CMPF) in 367 women in the late second/early third trimester. Participants underwent an oral [glucose tolerance](#) test (OGTT) at three months postpartum.

The researchers identified 301 women with normal glucose tolerance (NGT) in the postpartum OGTT and 66 with prediabetes or [diabetes](#). Women with postpartum NGT had higher serum prolactin in [pregnancy](#) than those with postpartum prediabetes/diabetes; no differences were seen for HPL and CMPF between the groups. Antepartum prolactin was an independent determinant of postpartum, insulin secretion-sensitivity index-2 on multiple linear regression analyses. Independent prediction of a reduced risk of postpartum prediabetes/diabetes was possible with higher serum prolactin (odds ratio, 0.5).

"Higher prolactin in pregnancy is an independent predictor of both better  $\beta$ -cell function and a lower likelihood of prediabetes/ diabetes after complete adjustment for type 2 diabetes risk factors," the authors write. "It thus emerges that [serum](#) prolactin in pregnancy is a previously unrecognized factor that can provide novel insight into postpartum diabetes risk in young women."

Retnakaran is part holder of a patent for CMPF as a biomarker for diabetes.

**More information:** [Abstract](#)  
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