

# Lactation lowers risk of T2DM after gestational diabetes

April 5 2018

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(HealthDay)—For women with previous gestational diabetes mellitus

(GDM), lactation is associated with reduced risk of type 2 diabetes mellitus (T2DM), although there is no benefit for long-term lactation, according to a review and meta-analysis published online March 25 in the *Journal of Diabetes Investigation*.

Lijun Feng, from Zhejiang University in Hangzhou, China, and colleagues conducted a systematic review to examine the effect of [lactation](#) on the development of T2DM in [women](#) with prior GDM. The meta-analysis included 13 cohort studies.

The researchers found that lactation was significantly associated with a lower risk of T2DM compared with no lactation (relative risk, 0.66; 95 percent [confidence](#) interval, 0.48 to 0.90; P

"This meta-analysis demonstrated that lactation was associated with a lower risk of T2DM in women with prior GDM," the authors write. "Further, no significant relationship between long-term lactation and T2DM risk was detected."

**More information:** [Abstract/Full Text](#)

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Citation: Lactation lowers risk of T2DM after gestational diabetes (2018, April 5) retrieved 6 May 2024 from <https://medicalxpress.com/news/2018-04-lactation-lowers-t2dm-gestational-diabetes.html>

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