

Glucose levels linked to maternal mortality even in non-diabetic women

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An elevated pre-pregnancy hemoglobin A1c—which measures average blood glucose concentration—is associated with a higher risk of adverse pregnancy outcomes even in women without known diabetes, according

to a new study published this week in *PLOS Medicine* by Joel Ray of ICES and the University of Toronto, Canada, and colleagues.

Diabetes mellitus and obesity are both associated with adverse pregnancy outcomes but the relationship between pre-pregnancy A1c and severe maternal morbidity or [maternal mortality](#) is unknown. In the new study, researchers used data from the Canadian province of Ontario spanning 2007 through 2015. The study included [data](#) on 31,225 women aged 16 through 50 years with a hospital [live birth](#) or stillbirth and who had an A1c measured within 90 days before conception. 28,075 of the women (90%) did not have a known diagnosis of [diabetes](#) mellitus.

Overall, the risk of severe maternal morbidity (SMM) or death from 23 weeks gestation to 6 weeks postpartum was 2.2%. For each 0.5% absolute increase in A1c, the relative risk of SMM or death was 1.16 (95% CI 1.14-1.19, p

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