



# ADIPS

A U S T R A L A S I A N   D I A B E T E S   I N   P R E G N A N C Y   S O C I E T Y

NEWSLETTER | DECEMBER 2017

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***"ADIPS is a professional body established to advance scientific knowledge and clinical care of diabetes in pregnancy"***

## Report from the Board Chair



**Professor Leonie Callaway  
ADIPS Board Chair**

Dear Colleagues

A busy year for ADIPS board.

We had excellent feedback regarding the combined ADIPS/SOMANZ conference in Canberra. We would like to thank Chris Nolan and Michael Peek for leading the organising committee. Despite quite a lot of disquiet regarding having a conference in Canberra, people seemed to particularly enjoy the historical Canberra Hyatt Hotel! While I always groan when I hear that I need to find a costume for a themed conference dinner, the Great Gatsby theme was definitely very in keeping with the architecture of Old Parliament House.

We would like to thank our invited speaker Robbie Lindsay for engaging with us, and providing some very interesting insights into the value of routinely collected benchmarking data.

Our conference next year will be in Adelaide, and we welcome Dr Julie Chemmanam as the Chair of the conference organising committee.

We are currently seeking an expression of interest for an academic clinician to lead the re-writing of the 2005 Management Guidelines for Type 1 and Type 2 Diabetes in Pregnancy. Please contact Suzie Neylon if this is a role you are interested in. We hope to have updated guidelines to circulate to our membership over the next year.

David Simmons is leading efforts to benchmark data, and we thank him for his enthusiasm and determination in this project.

Sarah Price is leading our effort to work with the Australian Diabetes Society, to explore issues around continuous glucose monitoring for women with Type 1 diabetes in pregnancy. I would also like to thank Sarah and her team for their ongoing efforts in producing our newsletter.

Ian Fulcher and Helen Barrett lead our Finance and Risk Management Committee. They have reviewed our financial status, and the Board has approved an increase in subscription fees next year. We plan to offer differential subscription fees, to ensure that fees remain affordable for all members.

Ian Fulcher has taken the brave step of setting up the ADIPS Facebook Page. We will ensure that all information we send to members is posted on this page, to provide our members a range of options for accessing ADIPS information.

I would like to thank you all for the contributions, small and large, that you make to our vibrant professional society.

Kind regards

**Leonie Callaway  
Board Chair, ADIPS Limited**

### ADIPS Annual Scientific Meeting 2018 Save the Date

24-26 August 2018 - Adelaide

We would like to extend a warm invitation to you to join the 2018 Annual Scientific Meetings of the Australasian Diabetes in Pregnancy Society (ADIPS) to be held at the Adelaide Convention and Exhibition Centre, Adelaide, SA.

**See the meeting website for more information at [www.adipsasm.org](http://www.adipsasm.org)**



## Australasian Diabetes in Pregnancy WEBSITE

Information about the society can be found at: [www.adips.org](http://www.adips.org)

Information about the International Association of the Diabetes and Pregnancy Study

Groups can be found at:

<http://www.iadpsg.org>

with links to ADIPS and other regional study groups.

# Newsletter Editor's Comments

Hello all,



It is that time again when we say good-bye to another year and look forward to what the new year will bring. Thank-you to those of you who have contributed to this newsletter, and also to those of you who have generously contributed your time to ADIPS in 2017.

**Dr Sarah Price**

The 2017 joint ADIPS-SOMANZ conference was outstanding. This year Bethany Crinall was selected to write the conference report. While competition for this task was stiff, Bethany's spirited report demonstrates why she was the right woman for the job! I also want to express my gratitude to Suzie Neylon for the incredible effort that she puts into organising the practical aspects of our conferences (and all those other day-to-day administrative tasks that we all take for granted). Thank-you also to Leonie Callaway for her efforts in progressing the ADIPS agenda and for her generous leadership over the past few years.

In this edition of the newsletter, Julia Zinga, a dietitian from Royal Women's Hospital in Melbourne, has reflected on the attendance of dieticians at the ADIPS annual scientific meeting. Given that dieticians are central to the management of gestational diabetes, why do so few dieticians come to the ADIPS conference? Julia plans to explore this question over the next 12 months. I'm sure Julia will gratefully receive your feedback over the next 6 months.

We are very keen to have a broad membership that includes allied health workers (especially diabetes educators, dieticians, midwives), basic scientists, physicians, obstetricians, paediatricians etc etc. Please encourage others involved in the care of women with diabetes during pregnancy to consider ADIPS membership or attendance at the annual scientific conference (preferably both)!

There are many exciting developments to look forward to over the next year or so. Given the findings of the CONCEPTT study, ADIPS will join the Diabetes Alliance in exploring the possibility of government funding for CGMS in pregnant women with Type 1 Diabetes. David Simmons will continue his tremendous efforts to benchmark data.

Next years' ADIPS ASM will be in Adelaide ('land of spectacular food and even better wine') and will occur immediately after the Australian Diabetes Society conference. We are particularly keen to have conference submissions from junior researchers and also from researchers from rural and remote Australia.

As always, please forward any contributions to the newsletter to Suzie or myself ([sarah.price@unimelb.edu.au](mailto:sarah.price@unimelb.edu.au)).

Wishing you all a happy and safe festive season,

**Sarah Price**

Newsletter Editor

Email: [sarah.price@unimelb.edu.au](mailto:sarah.price@unimelb.edu.au)

## New Members to the Australasian Diabetes in Pregnancy Society Limited

**ADIPS welcomes the following new members who have joined the Society since our last newsletter:**

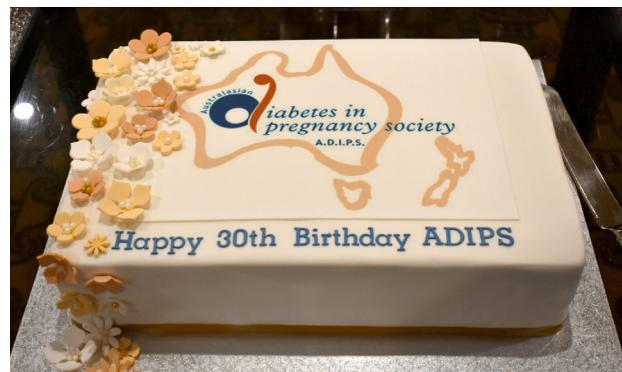
C Bennett (VIC), S Cooray (VIC), B Crinall (VIC), E Jamieson (WA), A Peacock (QLD), M Poth (VIC), N Rodrigo (NSW), S Sarlos (VIC), M Wang (NSW), MA Wee (VIC), W Wen (VIC), A Bartolo (VIC), M Blumfield (VIC), A Chung (NSW), K Davis (NSW), G Fulcher (NSW), SP Goh (QLD), R Hres (SA), L Kirkpatrick (NSW), B Knox (VIC), L Kourloufas (NSW), M Lam (NSW), AS Mendis (NSW), T Mills (QLD), C Peters (NZ), M Sina (NSW), S Tewari (NSW), S Parry (NSW), S Perampalam (ACT), P Henley (NZ), HS Hewage (QLD).

# ADIPS celebrates 30 years

We took the opportunity at our recent Annual Scientific Meeting to celebrate 30 years of ADIPS. The Society continues to move forward and grow since her birth some 30 years ago.

Although not under the clock tower in Graz, we celebrated with our members who joined us in Canberra with a ceremonial cake and some words of our past years provided by David McIntyre – a past president of ADIPS. Our current President, Leonie Callaway, cut the cake joined by many of our past leaders and members. Happy 30 years of ADIPS and we hope you, our members, will join with us to grow our Society and improve the outcomes for those affected by diabetes during pregnancy.

**Suzie Neylon**  
Executive Officer, ADIPS



## Dietitians: Important for GDM Management but Few at ADIPS ASM

It is now well understood that the 'new' ADIPS criteria for GDM diagnoses have led to more women being diagnosed. This increases demand on all related healthcare services, including dietitians, who provide medical nutrition therapy: the 'cornerstone of treatment' for GDM (Viana et al, Diab Care, 2014). Optimally-managed GDM, underpinned by dietetic intervention, reduces the risk of adverse obstetric and neonatal outcomes, such as macrosomia and caesarean delivery. Despite the known benefits of dietary intervention, however, there are no widely-available, evidence-based clinical guidelines to guide dietetic practice. There has been a call to fill this gap, with 86% of 222 surveyed Australian dietitians showing support for development of national guidelines (Morrison et al, Nutr & Diet, 2011).

Opportunities for regular professional development would also benefit dietitians working with women with GDM, through various channels such as online webinars (eg. the

'GDM Roadshow' in 2013). Another obvious location for this is the annual ADIPS Annual Scientific Meeting (ASM), which is also a chance to network or establish future collaborations for research activities. This year's ASM attracted only a small number of dietitians, and their general absence was noted during the Annual General Meeting. Reasons for low attendance are unknown, but theories include time pressures, lack of financial support from employer to attend professional development activities (especially interstate), and perceived lack of relevant program content for dietitians. This author plans to contact dietitians working in the area of GDM during early-mid 2018 to assess factors contributing to attendance, or lack thereof, and learn of ways that dietitians prefer to participate in professional development. Stay tuned for the results!

**Julia Zinga**  
ADIPS Member

# ADIPS & SOMANZ Joint Scientific Meeting Report 2017

20-22 October 2017, Hyatt Hotel Canberra, Australia

Surrounded by manicured gardens, the iconic Hyatt Hotel Canberra provided an idyllic location for the ADIPS and SOMANZ Joint Scientific Meeting this year.

We were fortunate to have Professor Robert Lindsay arrive from the UK just in time to deliver the ADIPS Novo Nordisk Skip Martin Lecture, after a violent storm threatened to leave him stranded on a wind-surfing holiday. Professor Lindsay gave us insights into the International experience of type 1 and 2 diabetes in pregnancy, presenting data from the Scottish central diabetes register. Notable trends were the increasing rates of pre-term delivery in women with type 1 and type 2 diabetes, which is not being seen in the non-diabetic population, and also the increase in birthweight of neonates born to mothers with type 1 diabetes, with rates of large for gestational age babies now reaching just over 50%. Later, we heard from Professor Lindsay about the implications of Gestational Diabetes on offspring, in particular the likelihood that GDM plays a significant role in the global diabetes epidemic.

The exciting findings from the Continuous Glucose Monitoring in Pregnant Women with Type 1 Diabetes (CONCEPT) trial were presented by Dr Sandra Neoh on behalf of the authors. The key message being that CGM should be offered to all women with type 1 diabetes in pregnancy, given the significantly improved neonatal outcomes, attributed to reduced maternal hyperglycaemia in women who used CGM.

In an update on recent clinical trial outcomes we learned from Professor Della Forster that the Diabetes and



antenatal milk expressing (DAME) multicentre randomised controlled trial showed no harm or benefit of advising women with diabetes, who are at low risk of complications, to express breast milk from 36 weeks of pregnancy.

Lunch-times offered a great opportunity to explore the posters, which were of exceptionally high quality this year, as always.

The ADIPS Free Communications gave us great insights into exciting recent local research findings. Dr Marloes Nitert Dekker gave an engaging overview of findings from gut microbiome profiles of 130 pregnant women, and demonstrated a positive relationship between *Collinsella* and insulin levels in early pregnancy, independent of BMI. Dr Sheila Cook presented important data from a retrospective audit on pregnancy outcomes for rural women with gestational diabetes, showing concerning inequity in GDM care for rural Australian women. The fascinating case "I Herd it through the Bovine, A Case of Lactation Ketoacidosis" presented by Dr Amanda Beech will stay with us as a cautionary tale of the dangers of a very low carbohydrate diet in breastfeeding women.

In the ADIPS Jeremy Oats Oration A/Prof Aidan McElduff we heard a comprehensive review of the research behind our current practice in the diagnosis and management of gestational diabetes, and the need for careful interpretation of the data. He highlighted the important clinical questions that remain to be answered in this area, and cautioned against a 'one size fits all' approach to management of women with diabetes in pregnancy.



In the “Using insulin pumps in pregnancy” session Lynelle Boisseau gave an in-depth introduction to insulin pumps and the practical aspects to their use in pregnancy. A/Prof Jennifer Conn shared many clinically valuable pointers on optimising blood glucose levels during pregnancy, and responding to the changes and challenges that may be faced.

“The great carbohydrate debate: a lower carbohydrate diet is best” was a highlight. Strong arguments by both sides had audience support swinging like a pendulum. In the end we were divided and no final winner was awarded, but much knowledge was gained about achieving the energy and nutritional requirements of pregnancy.

On the Saturday night in feathers and frocks we descended on Old Parliament House for The Great Gatsby themed conference dinner. Props were provided to those who dared to turn up out of costume. After a tasteful dinner, awards for best and most under-dressed were bestowed and attendees chatted and danced the night away.

It was a special year for SOMANZ, celebrating the 25th Anniversary since the formation of the original Obstetric Medicine Group of Australasia (OMGA). As you are all aware, ADIPS also celebrated its 30th Anniversary and we celebrated with a cake.

Among the many enlightening presentations in the SOMANZ stream, highlights included ‘New strategies in managing hypertensive pregnancy’, ‘Novel strategies for optimal asthma management during pregnancy’ and the multidisciplinary panel discussion chaired by Prof Elizabeth Sullivan ‘Heart Disease in Pregnancy’.

In the Priscilla Kincaid-Smith Lecture ‘Pre-eclampsia: are there simple solutions for this global problem’ we were humbled by global figures on maternal mortality and the burden of pre-eclampsia, particularly in Sub-Saharan Africa and Southern Asia. Prof Andrew Shenan took us through the evolution and implementation of the CRADLE Vital Signs Alert, a blood pressure and heart rate device designed to detect preeclampsia and use a traffic light system to alert health professionals to the patient risk level, in the resource poor setting.

Bringing the conference to a close the interactive “Complex cases with a multidisciplinary panel” was well attended and thoroughly enjoyed. The panel discussion highlighted just how challenging the management of diabetes and medical conditions in pregnancy can be.

The ADIPS and SOMANZ joint scientific meeting featured an impressive, comprehensive program. It was a fantastic opportunity to learn from local and international experts, hear the latest research, and network with colleagues. We can look forward to our next ADIPS annual scientific meeting in Adelaide in 2018.

**Bethany Crinall**  
ADIPS Member



# ADIPS ASM Grant and Award Winners 2017

Please join with us to congratulate the following members who received grants and awards at the ADIPS Annual Scientific Meeting in Canberra in October 2017:

## The ADIPS Graz Clock Award 2017

For the best overall oral presentation given by an early career investigator

**Robyn Barnes**

Abstract Titled: 'Excessive weight gain before and during GDM treatment – what is the impact?'



## The ADIPS Emerging Investigator Award 2017

For the best oral presentation given by an emerging investigator

**Rachel McGrath**

Abstract Titled: 'Excess foetal growth and glycaemic control in type 1 diabetes and pregnancy'



## ADIPS Outstanding Poster Award 2017

For the best overall poster presentation

**Amanda Beech**

Poster Titled: 'A case of lactation ketoacidosis following a low carbohydrate (ketogenic) diet'



## ADIPS Best Allied Health Poster Award 2017

For the best poster presentation by an allied health professional

**Laura Kourloufas**

Poster Titled: 'The impact of dietary education settings on gestational diabetes mellitus outcomes in women diagnosed according to the new Australasian diabetes in pregnancy criteria'.

## Travel Grants

ADIPS were pleased to support educational travel grants for early career members to attend the Annual Scientific Meeting in Canberra to present their work. The 2017 grants were awarded to:

**Alex Chung**  
**Christine Bennett**  
**Melinda Lam**

**Mawson Wang**  
**Susan Gray**  
**Shan Jiang**

# ADIPS-Novo Nordisk Research Grants Winners 2017

There were three ADIPS-Novo Nordisk Research Grants on offer for Clinical, Scientific and Education research projects in 2017. Applications for these grants are only open to ADIPS members. These grants are an encouragement award in the field of diabetes in pregnancy and are generously co-funded by ADIPS and Novo Nordisk Pharmaceuticals. Here are the winners for 2017.

## Clinical Research Grant Awarded to:

**Alison Nankervis (VIC)**

Project Titled: 'The effects of exercise on short- and medium-term glycaemia in gestational diabetes'.

## Scientific Research Grant awarded to:

**Sarah Glastras (NSW)**

Project Titled: 'Maternal obesity and offspring metabolic health: Defining the mechanisms of foetal programming'.

## Education/Clinical Research Grant Awarded to:

**Julia Zinga (VIC)**

Project Titled: 'Factors that drive behaviour change in women diagnosed with GDM at The Royal Women's Hospital'.

The ADIPS Limited Board and Members gratefully acknowledge Novo Nordisk Pharmaceuticals for co-supporting these valuable research grants.



# ADIPS Honorary Life Members in 2017

Honorary Life Membership is awarded to members who have, in the opinion of Board, been distinguished by their contribution to the knowledge of diabetes related to pregnancy or to the welfare of people with this condition and are worthy of the distinction. Three members were awarded at the Annual General Meeting of ADIPS Limited on 21 October 2017 in Canberra. These honoured members for 2017 are Diane Howard (NT), H. David McIntyre (QLD), and Aidan McElduff.



David McIntyre and Leonie Callaway 2017



Aidan McElduff and Leonie Callaway 2017

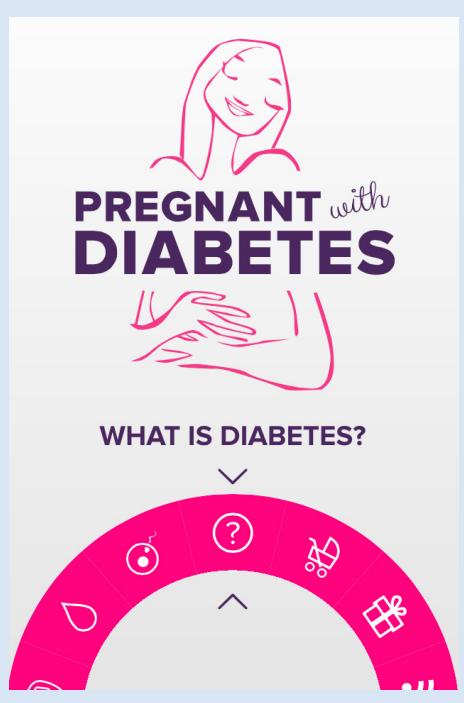


Leonie Callaway and Diane Howard 2017

## 'Pregnant with Diabetes' App

This app is intended for pregnant women with diabetes and women with diabetes who intend to become pregnant. It is written by Professor Elisabeth R Mathieson (the 2016 ADIPS conference plenary speaker) and Professor Peter Damm, and is based on the recommendations of the Centre for Pregnant Women with Diabetes at Rigshospitalet in Copenhagen. The Australian version has been adapted by an Australian working party to reflect the Australian Diabetes in Pregnancy Society (ADIPS) guidelines.

This app is endorsed by ADIPS. Patients can download the app from the App store free of charge. The information covered in the app is suitable for patients with Type 1 Diabetes and Type 2 Diabetes and covers topics such as how to plan for pregnancy, goal blood glucose levels, goal gestational weight gain, diet and carbohydrate intake, physical activity and insulin dosing.



## Recorded Sessions from the ASM in 2017

If you were not able to make it to the ADIPS/SOMANZ Joint Annual Scientific Meetings in Canberra held over 20-22 October 2017 you can view some selected lectures from this meeting at [www.adips-somanz.armchairmedical.tv](http://www.adips-somanz.armchairmedical.tv). This link is only available to members of ADIPS or SOMANZ or delegates who attended the meeting.

Non-members who wish to view these recordings can do so through the following link which will require payment of USD50.00 - <https://armchairmedical.vhx.tv/products/adips-somanz>. Please feel free to share this paid link with your colleagues who may be interested in attending our meetings.

If you find these recorded sessions useful, please let us know. This is another benefit of membership to our Society!

**The ENDIA  
(Environmental  
Determinants of Islet  
Autoimmunity) Study  
is the first in the world  
to study the causes of  
type 1 diabetes from  
the pregnancy.**

The study seeks men, women and children living with type 1 diabetes who are about to welcome a new baby to the family to participate. Babies aged up to 6 months of age with a first degree relative living with type 1 diabetes are also encouraged to get involved.

ENDIA aims to follow 1400 babies into childhood through regular follow-up with the family including questionnaires and collection of samples such as saliva and skin swabs.

More information online at [www.endia.org.au](http://www.endia.org.au) or email [endia@adelaide.edu.au](mailto:endia@adelaide.edu.au) to contact the ENDIA Team.



## Australasian Diabetes In Pregnancy Society Membership

The 2018 ADIPS Subscription Renewals will be sent out in February 2018. We hope to have online membership payments up and running so that you can pay securely online through the ADIPS website by credit card. In the meantime, you can still return your credit card payments details by post or email. You can pay by EFT directly to the ADIPS bank account but you must put your name as a reference to appear on our statement or we cannot reconcile your subscription payment!

The Society currently has over 300 members. The membership fee for ADIPS has been A\$99.00 for a few years and will be reviewed with a tiered membership fee structure introduced in 2018.

To apply for membership to the Australasian Diabetes In Pregnancy Society Limited, please download the membership form and privacy policy notice from the ADIPS Website at: [www.adips.org](http://www.adips.org). Online membership applications coming soon!

# Meeting Dates for the Diary 2018

**13-15 July, 2018**

**SOMANZ Annual Scientific Meeting**, Pullman Cairns International, Cairns, QLD. Website: [www.somanzasm.org](http://www.somanzasm.org)

**17-19 August, 2018**

**ESA Clinical Weekend**, South Australia. Website: [www.esaclinicalweekend.org.au](http://www.esaclinicalweekend.org.au)

**20-22 August, 2018**

**ESA/SRB Joint Annual Scientific Meeting**, Adelaide Convention and Exhibition Centre, Adelaide, SA.

Website: [www.esa-srb.org.au](http://www.esa-srb.org.au)

**22-24 August, 2018**

**Australasian Diabetes Congress (ADS/ADEA Annual Scientific Meeting)**, Adelaide Convention and Exhibition Centre, Adelaide, SA. Website: [www.diabetescongress.com.au](http://www.diabetescongress.com.au)

**24-26 August, 2018**

**ADIPS Annual Scientific Meeting**, Adelaide Convention and Exhibition Centre, Adelaide, SA.

Website: [www.adipsasm.org](http://www.adipsasm.org)

**2-5 September, 2018.**

**28th ANZBMS Annual Scientific Meeting**, Rydges Hotel, Queenstown, New Zealand.

Website: [www.anzbmsconference.com](http://www.anzbmsconference.com)

## ADIPS Annual Scientific Meeting 2018

### Save the Date

**24-26 August 2018 - Adelaide**

We would like to extend a warm invitation to you to join the 2018 Annual Scientific Meetings of the Australasian Diabetes in Pregnancy Society (ADIPS) to be held at the Adelaide Convention and Exhibition Centre, Adelaide, SA.

**See the meeting website for more information at [www.adipsasm.org](http://www.adipsasm.org)**



## ADIPS Secretariat

For all enquiries, please contact the ADIPS Secretariat at 145 Macquarie Street, Sydney, NSW, 2000  
Tel: 02-8247 6298 Fax: 02-9251 8174 Email: [admin@adips.org](mailto:admin@adips.org) or directly to the Executive Officer, Ms Suzie Neylon on [sneylon@adips.org](mailto:sneylon@adips.org).

The ADIPS Secretariat hours are 10.00am to 4.00pm on Tuesday, Thursday and Friday.

Please note that the ADIPS Secretariat will be closed from Friday 22 December and will re-open on Tuesday 23 January 2018.

**We wish all our members a very happy festive season!**