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## Gestational diabetes is a risk factor for later CVD and stroke

A systematic review and meta-analysis<sup>1</sup> found that “Compared with women without gestational diabetes mellitus, women with a history of gestational diabetes mellitus showed a 45% increased risk of overall cardiovascular and cerebrovascular diseases, 72% for cardiovascular diseases, and 40% for cerebrovascular diseases. The risk of venous thromboembolism increased by 28% in women with previous gestational diabetes mellitus.”

Although the risk of cardiovascular and cerebrovascular diseases was attenuated, it remained significant when restricted to women who didn't develop subsequent overt diabetes (all gestational diabetes mellitus: 1.45, 95% confidence interval (1.33 to 1.59), gestational diabetes mellitus without subsequent diabetes: 1.09, 95% confidence interval (1.06 to 1.13).

Reference:

1. Association of gestational diabetes mellitus with overall and type specific cardiovascular and cerebrovascular diseases: systematic review and meta-analysis BMJ (2022). [View](#)

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