



dame

studying
diabetes &
antenatal
milk
expressing



Contact:

Anita Moorhead, Trial Coordinator

Mother & Child Health Research
La Trobe University
215 Franklin Street
Melbourne 3000

Phone: 8345 2932

Email: dame@latrobe.edu.au

www.latrobe.edu.au/mchr/DAME/dame.html

What is the DAME trial?

DAME stands for Diabetes and Antenatal Milk Expressing and is a randomised controlled trial being conducted by researchers at Mother and Child Health Research, La Trobe University.

It is being conducted at the Royal Women's Hospital, the Mercy Hospital for Women and Monash Medical Centre.

Women with diabetes in pregnancy – either pre-existing or pregnancy induced – at low risk of obstetric complications are invited to participate at about 36 weeks, and if they agree are randomly allocated to either expressing breast milk antenatally or to receive usual care antenatally. In total 658 women will be recruited to the trial.

Why are we doing the study?

Some hospitals or maternity care providers are advising women with diabetes in pregnancy to express breast milk/colostrum late in pregnancy so that they can give the milk to their baby after birth if needed. There may be some benefits for a baby to have only their own mother's milk, but as yet there is limited evaluation of this practice, so it is not known if the practice is of benefit or if it causes harm. The DAME trial will be the first randomised trial of antenatal expressing.

What is involved?

Women who have been asked to hand express from 36 weeks will freeze the breast milk they express at home and will bring it to the hospital when they have their baby.

It will be stored in the freezer labelled for DAME milk in the postnatal ward and is used if clinically indicated in the postnatal period.

Babies of women in the DAME trial (whether their mother expressed or not) have true blood glucose levels (TBG's) via the i-STAT machine or the SCN blood gas analyzer.

What's new?

Barwon Health, Geelong Hospital, has recently joined the trial and will be recruiting women soon.

How is it going?

So far 149 women have participated in the DAME trial since it began in June 2011 and 113 babies have been born.



Look for the
DAME sticker
on the history
Alert Sheet:



This woman and her baby
are in the dame trial.

diabetes &
antenatal milk
expression

T: 03 8345 2932
E: dame@latrobe.edu.au