



## ***DAME Newsletter No 2 August 2012***

### **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 happening at The Women's Hospital, the Mercy Hospital for Women and Monash Medical Centre.

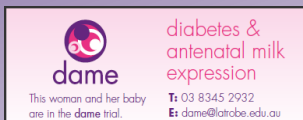
Women with diabetes in pregnancy (at low risk of obstetric complications) are invited to participate at about 36 weeks, and if they agree are randomly allocated to either expressing breast milk antenatally or to receive care as usual antenatally.

### **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 DAME freezer and is to be used if clinically indicated in the postnatal period. ALL babies of women in the DAME trial will have true blood glucose levels monitored with the i-STAT machine or the SCN blood gas analyzer.



Look for the DAME sticker on the history Alert Sheet

### **What's new?**

Monash Medical Centre has recently joined the trial and will be recruiting women soon.

The DAME trial is now recruiting women with diabetes in pregnancy who use insulin and who do not use insulin.

### **How is it going?**

So far 66 women have participated in the DAME trial since it began in June 2011. In total 650 women will be recruited to the trial over the three sites.

Any questions about the DAME Trial please contact Anita Moorhead, Trial Coordinator on 8345 2932.

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<http://www.latrobe.edu.au/mchr/DAME/dame.html>