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She is a medical graduate from the University of Copenhagen, Denmark, and received her clinical training in endocrinology and internal medicine at general hospitals and specialized university hospitals. She holds a specialist degree in internal medicine and endocrinology.

Since 2003 she has been affiliated with the Center for Pregnant Women With Diabetes, Rigshospitalet, University Hospital of Copenhagen, as a clinical researcher. In 2008 she defended her PhD thesis “Severe hypoglycaemia in pregnant women with type 1 diabetes: Incidence, predictors and possible pathophysiological factors”.

Her clinical research focuses on diabetes in pregnancy and in the postpartum period as well as preconception counselling in women with diabetes. She is supervising several medical student and PhD students on their research projects.

She has published extensively on maternal hypoglycaemia, hypertensive disorders, diabetic retinopathy, pancreatic islet function, gestational weight gain, pregnancy outcome, and quality of life in women with type 1 and type 2 diabetes, as original articles, review articles and textbook chapters. She has presented her research at Danish and international scientific meetings. In addition she frequently performs peer reviews of original research papers for international scientific journals.

She is co-authoring Danish national guidelines on management of diabetes in pregnancy. She is a member of Danish Endocrine Society, Danish Society of Internal Medicine, Diabetic Pregnancy Study Group and the European Association for the Study of Diabetes.