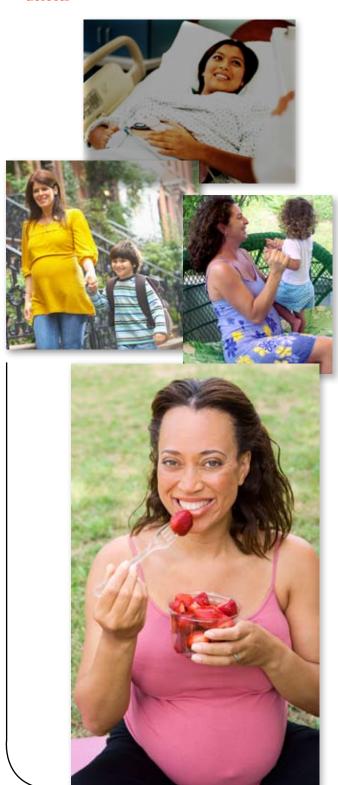
estational Diabetes

All women thinking about becoming pregnant should take <u>folic acid</u> to help prevent birth defects



What is gestational diabetes?

Gestational diabetes is a type of diabetes that develops or is first recognized during pregnancy.

How do I know if I am at risk?

You are at risk for gestational diabetes if you

- Had a previous pregnancy with gestational diabetes.
- Had a baby born weighing over 9 pounds.
- Are overweight or obese.
- Are more than 25 years old.
- Have a family history of diabetes.
- Are African American, Hispanic, American Indian, Alaska Native, Native Hawaiian, or Pacific Islander.
- Are being treated for HIV.

How can I find out if I have gestational diabetes?

- Most women are screened for gestational diabetes at 24-28 weeks gestation during prenatal care.
- If you or your health care provider has concerns, your health care provider may screen you earlier.

Why is gestational diabetes a problem?

For you:

- Your risk of developing type 2 diabetes is increased.
- You are more likely to have a large baby (a condition known as macrosomia). This may cause discomfort during the last few months of pregnancy.
- Having a large baby may lead to a cesarean section (C-section). If you had a C-section, it may take longer for you to recover after the birth.

For your baby:

- Large babies are more likely to suffer from birth trauma.
- Soon after delivery, your baby may have low blood sugar.
 This can be treated with early feedings and should not result in any long-term consequences after birth.

What should I do before becoming pregnant?

You should take the following steps before becoming pregnant:

- <u>Talk with a health care provider</u> about how to reduce your risk of gestational diabetes before becoming pregnant.
- Be physically active- Get at least 30 minutes of moderateintensity physical activity five days a week. This could be brisk walking, yard work, and actively playing with children, for example, or riding bicycles or playing soccer.
- Make <u>healthy</u> food choices by eating a variety of foods that are low in fat and reducing the number of calories eaten per day.
- Maintain a healthy weight.



All women benefit from breastfeeding their babies. Find out more about breastfeeding at: http://www.cdc.gov/breastfeeding



What can I do during pregnancy if I have gestational diabetes?

- Go to all of your prenatal visits.
- Follow your health care providers' recommendations for controlling your blood sugar. This can help reduce your risk of having a large baby.
- Stay physically active.
- Make healthy food choices.
- Ask your health care provider to see a <u>dietician</u> or a <u>diabetes</u> educator.

What can I do after my pregnancy to reduce my chance of developing type 2 diabetes in the future?

Follow up regularly with your health care provider.

- Get tested for diabetes 6 to 12 weeks after your baby is born, then every 1 to 3 years.
- Stay physically active.
- Make healthy food choices.
- Maintain a healthy weight.
- Ask your health care provider about type 2 diabetes prevention and care after delivery.
- Ask to see a <u>dietitian</u> or a <u>diabetes educator</u> to learn more about type 2 diabetes prevention.

For more information about gestational diabetes and the prevention of type 2 diabetes, visit:

http://www.cdc.gov/diabetes

http://www.cdc.gov/NCBDDD/pregnancy_gateway/diabetes.html http://www.diabetes.niddk.nih.gov/dm/pubs/gestational/ http://ndep.nih.gov/diabetes/pubs/NeverTooEarly_Tipsheet.pdf http://diabetes.org/gestational-diabetes.jsp

For more information about pregnancy care and self management of gestational diabetes during pregnancy, visit:

http://www.cdc.gov/reproductivehealth/MaternalInfantHealth/index.htm http://www.cdc.gov/NCBDDD/pregnancy_gateway/documents/ Diabetes_and_Pregnancy508.pdf

For information about healthy food choices, physical activity, and obesity prevention, visit:

http://www.cdc.gov/nccdphp/dnpao/