

Gestational diabetes

Gestational diabetes is high blood sugar that is found for the first time during pregnancy. Blood sugar that is too high can hurt you and your growing baby. You will probably not notice any signs of gestational diabetes. If tests show you have gestational diabetes, your health care provider can help you control your high blood sugar and keep you and your baby healthy and safe.

Some women are at greater risk for gestational diabetes. Do you have any of these risk factors?

- You are African American, American Indian/Alaska Native, Asian American, Hispanic, or Pacific Islander.
- You are overweight.
- You are older than 25.
- You have a parent, sister, or brother with diabetes.
- You have pre-diabetes.
- You had gestational diabetes in an earlier pregnancy.
- You had a baby who weighed 9 pounds or more.

Tell your health care provider if you have any of these risks.

Some of these risks you can't control. You can choose to eat healthy food, exercise, and avoid excess weight gain during your pregnancy. Do not go on a diet while you are pregnant. If you are planning a pregnancy, try to start your pregnancy at a healthy weight.

For more information

American Diabetes Association
www.diabetes.org/diabetes-basics/gestational/what-is-gestational-diabetes.html

Mayo Clinic
www.mayoclinic.com/health/gestational-diabetes/DS00316

National Institutes of Health
<http://diabetes.niddk.nih.gov/dm/pubs/gestational/#2>