Okay, so what is gestational diabetes? A type of diabetes that women can develop while pregnant. You would not have to have diabetes before being pregnant to develop gestational diabetes. (2)

Why do I need to know about it?
It affects both you and your baby! If not controlled, GD can (4):

- Cause your baby to grow very large or be born too early
- Cause you to develop preeclampsia (high blood pressure, often causing swelling in your legs and/or arms and can cause seizures or stroke)
- Increase the risk that you & your baby develop type 2 diabetes, which impacts health overall and can last the rest of your lifetime

What can I do?

1. Talk to your healthcare provider about testing your blood sugar when you are pregnant, even if they haven’t brought it up yet!
2. Make sure you get your blood sugar tested after you give birth as well to see if diabetes could continue to be something you need to be concerned about.
3. Make an effort to eat healthy foods and exercise. Even a short walk every day can be helpful!

Questions? Contact Lauren Kozlowski, MotherToBaby Georgia Coordinator
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To learn more & see our resources, check out these helpful links:
(1) CDC About Diabetes
(2) Gestational Diabetes Basics
(3) Am I At Risk for Gestational Diabetes?
(4) Diabetes and Pregnancy: The Not-So-Sweet Story