

Diabetes and Pregnancy: Keeping You and Your Baby Healthy

(NAPSA)—For many women, proper care can mean less worry about whether they're doing everything possible to ensure the health of their new baby. If you have diabetes, attention to your health and regular visits to your doctor may never be more important than now.

What You Should Know

Diabetes is a disease in which the amount of sugar in the blood, known as blood glucose, is above normal. High blood glucose levels are dangerous to both mother and baby, causing potential health problems including

- more severe long-term diabetes complications;
- premature birth, low or high birth weight and low blood glucose in the baby;
- increased risk of birth defects;
- greater risk of miscarriage or stillbirth.

Keeping your blood glucose as close to normal as possible before and during pregnancy is the most important thing you can do for you and your baby's health. When women with diabetes keep blood glucose levels under control before and during pregnancy, the risk of birth defects is about the same as in babies born to women without diabetes.

Pregnancy might require changes in how you manage your diabetes. You might have to adjust your diet, physical activity routine and medication dosages. Talk with a doctor or other health care professional about the best care plan for you.

This checklist can help you stay healthy during your pregnancy.



For pregnant women with diabetes, attention to health and regular visits to the doctor may never be more important.

- Schedule regular checkups with your doctor.
- Create and stick with a meal plan tailored to your health needs with the help of a dietitian.
 - Don't drink alcohol or smoke.
 - Participate in regular, moderate physical activity under the guidance of your doctor.
- Talk with your doctor about all the medications—including insulin—and supplements you take and which tests you need to schedule.

For More Information

The National Diabetes Information Clearinghouse has produced an easy-to-read booklet about diabetes and pregnancy entitled "For Women with Diabetes: Your Guide to Pregnancy." The booklet is available at www.diabetes.niddk.nih.gov/dm/pubs/pregnancy.