

## **REDUCING YOUR RISKS AFTER GESTATIONAL DIABETES**

Because you had diabetes when you were pregnant you need to continue to take special care of yourself to put off developing diabetes in the future. Here is what you should do to reduce your risks:

### **EAT A HEALTHY DIET**

Eat foods low in fat and avoid sweets. Be aware of portions sizes and limit them.

Eat foods high in fiber. Snack on fruits and vegetables. Avoid fast food restaurants.

### **STAY PHYSICALLY ACTIVE**

Walk at least 30-minutes every day.

### **BREASTFEED YOUR BABY**

Studies show breastfeeding your baby can reduce your and your baby's risk of diabetes. Breast feed for 6-12 months

### **KEEP A HEALTHY WEIGHT**

If you are overweight, lose weight. Aim to get to your goal weight within one year.

Losing weight can help lower your chances of getting gestational diabetes with your next pregnancy.

Woman who remain overweight after pregnancy are more likely to develop Type 2 diabetes in the next 5 years.

### **FOLLOW UP WITH YOUR HEALTH CARE PROVIDER**

Before your 6 week postpartum appointment, check your blood sugar with your meter as you were doing during your pregnancy for 1-2 weeks. Your target blood sugars should be: fasting < 90 and 1hour after meals < 130. Call the DAPP staff if you exceed these target blood sugars more then half (50%) of the time.

Tell your OB and primary care provider you have been given a lab slip for a 75 gram 2 hour oral glucose tolerance test (75gm OGTT) from the DAPP provider to reclassify your diabetes. Complete the OGTT before your 6-week post partum visit so you will be able to discuss the results with your OB.

As a reminder, on your baby's first birthday repeat the 75gm OGTT, and have your blood tested for lipids (fats).Repeat these tests every three years if they are normal.

If you are diagnosed with pre-diabetes (fasting > 100 or 2 hour > 140), get a referral from your primary care provider to a diabetic center or a registered dietitian. If you have prediabetes you need to have these tests every year.

### **PLAN FOR PREGNANCY**

Give your body a "rest" from the diabetes effects of pregnancy for at least 2 years. Get a birth control method that is safe for you. Progesterone-only birth control (injections or pills) methods may make your blood sugars higher; the progesterone IUD should not affect your blood sugars.

If you get pregnant again, remember to tell your OB you had Gestational Diabetes (GDM) with your last pregnancy and get tested for diabetes at your first prenatal visit.