

How to Prevent

Gestational Diabetes Mellitus

Translated from Chinese Version

What is gestational diabetes mellitus?

Gestational diabetes mellitus (GDM) is developed when pregnant women cannot produce enough insulin. This results in high levels of sugar/glucose in her blood. Affected pregnant women have a higher risk of developing type 2 diabetes in the future.

Are you at risk?

More than 30 years old
Over weight
Family history of diabetes
Asian, Pacific Islander, Maori
History of GDM in previous pregnancy
Previous delivered a large baby > 4kg
History of polycystic ovarian syndrome
History of unexplained miscarriage or stillbirth

If you have two or more risk factors, you have a higher risk of getting gestational diabetes

The effects of GDM on pregnant women

- Increase chance of developing pregnancy induced hypertension
- Increase chance of needing a C-section
- Increase chance of future Type 2 Diabetes

The effects of GDM on the baby

- Increase risk of very large baby, and difficult delivery
- Increase risk of respiratory distress syndrome
- Increase risk of developing obesity, diabetes, hypertension in the future

How to prevent GDM



Weight Control



Balanced Diet



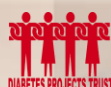
Physical Activity



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