



## How do I know if I have gestational diabetes?

Your health-care provider will test your blood sugar between the 24<sup>th</sup> and 28<sup>th</sup> weeks for the first baby or before, if you already had gestational diabetes during a previous pregnancy.



*Your health-care provider will check your blood glucose level to see if you have gestational diabetes.*

## How does diabetes affect my baby?

There are some potential risks:

- ✓ The baby may be born bigger (extra fat). The delivery may be more risky and may require a caesarean section.
- ✓ The baby's blood sugar may be too low. You must breast-feed right away. The baby may need to get more sugar through a tube into the bloodstream.
- ✓ The baby may have problems breathing.
- ✓ The baby's skin may turn yellowish: jaundice. This is easily treated.
- ✓ Low mineral levels in the blood may also be observed. The baby must receive mineral supplements.

*Talk with your health-care provider about any concerns you have about diabetes and pregnancy.*



## How does diabetes affect the mother?

Most women with gestational diabetes show no symptoms, but some women do. Here are some symptoms:

- Fatigue,
- Extreme thirst,
- Increased volume of urine.

Risks:

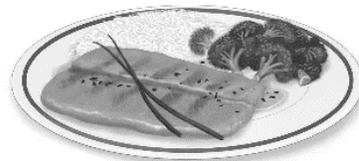
- High blood pressure during pregnancy,
- Increased risk of having a bigger baby and needing a caesarian section,
- Increased amount of liquid in the belly (amniotic fluid) and risk of premature delivery,
- Increased risk of contracting an infection and having a miscarriage.

But the good news is:  
***You can breast-feed!***



## How can I control my gestational diabetes?

Generally, a personalized diet, training plan and medication are enough to ensure good control of blood glucose. But if blood glucose is too high, you may need insulin injections. Keeping a record of your blood sugar levels by checking regularly (before breakfast is the most important) and sharing with your health-care provider is an excellent habit.



*I check my blood glucose at least four times a day. The results show whether I need to change my meal or my training plan to keep my blood glucose on target.*



## ***Questions you can share over radio or during a community activity***

### **Question 1**

When you have diabetes, which substance is too concentrated in the body?

*Answer:*

Sugar (also known as glucose; both answers are good).

### **Question 2**

How do I know if I have gestational diabetes?

*Answer:*

You have to go to the clinic and get tested.

### **Question 3**

How does diabetes affect the baby?

*Possible answers:*

Bigger baby, blood sugar too low, problem breathing, yellow baby, low mineral levels in the blood.

### **Question 4**

Name two things a pregnant woman should avoid and two things good for her health.

*Possible answers:*

Unhealthy choices: Alcohol, candies, cigarettes, cake, chips, cookies, pop.

Healthy choices: Bannock, blueberries, caribou, chicken, pork, mussel soup, fish soup, fruits (but in limited amounts), Labrador tea, vegetables.

### **Question 5**

Even if a woman has gestational diabetes, what can she do that is very good for the health of the baby?

*Answer:*

She can breast-feed.