



**Weill Cornell Medicine**

# Learn the Facts About **Gestational Diabetes**



**For National Diabetes Month this November, take some time to familiarize yourself with gestational diabetes, a type of diabetes that is often overlooked in the focus on Type 1 and Type 2 diabetes.**

Gestational diabetes, which often has no noticeable symptoms, is a form of diabetes that:

- Is diagnosed in women **during pregnancy**
- Is **brought on by hormonal fluctuations** that cause the body to use insulin ineffectively
- Occurs in women who **did not have diabetes prior to becoming pregnant**
- Affects **7 out of every 100** pregnancies



**Gestational diabetes usually develops during the middle of pregnancy,** with tests for it given between weeks 24 and 28



**Untreated gestational diabetes can cause health issues in the mother and baby,** including low blood sugar for the baby after birth, the mother developing Type 2 diabetes and gestational hypertension.



Some women are more likely to develop gestational diabetes than others.

**Risk factors include:**

- Becoming pregnant later in life
- Being overweight or obese
- Having a family medical history of Type 2 diabetes
- Having had gestational diabetes in a past pregnancy
- Having high blood pressure
- Having polycystic ovarian syndrome (PCOS)
- Having prediabetes

**Gestational diabetes can be treated with the right care.**

**70%** of cases are effectively treated with **dietary changes and exercise**

**30%** of cases **require insulin or other medications** to lower blood sugar

For more information about gestational diabetes visit: [cdc.gov/diabetes/basics/gestational.html](https://www.cdc.gov/diabetes/basics/gestational.html)



**Curious about your risk for diabetes?  
Find a provider today: [weillcornell.org/doctors](https://weillcornell.org/doctors)**



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