<a>Weill Cornell Medicine

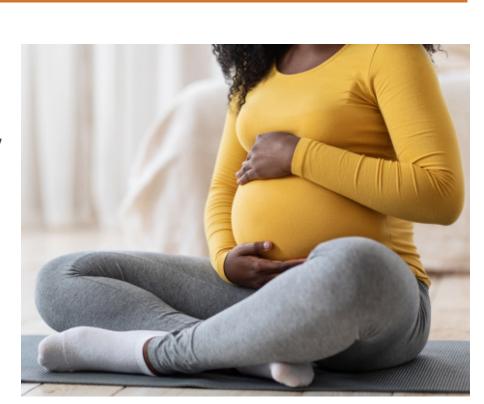
Learn the Facts About Gestational Diabetes



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

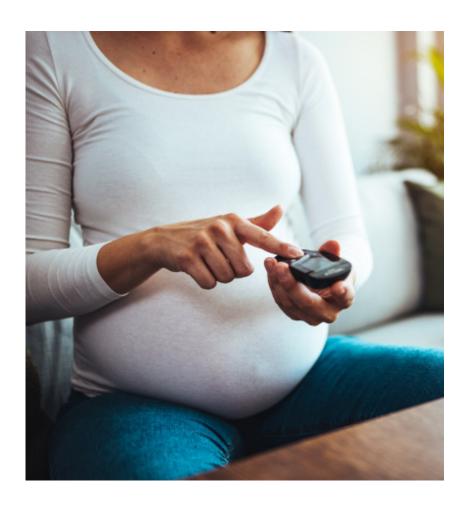




Gestational diabetes usually develops during the middle of pregnancy, with tests for it given between weeks 24 and 28



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 of cases require insulin or other medications to lower blood sugar

For more information about gestational diabetes visit: cdc.gov/diabetes/basics/gestational.html



Curious about your risk for diabetes? Find a provider today: weillcornell.org/doctors