

WHAT IS GESTATIONAL DIABETES?

Gestational diabetes is a condition where blood sugar levels become high during pregnancy due to lack of insulin being produced. Although gestational diabetes goes away after pregnancy, it can negatively affect your baby's health and increase your risk of type 2 diabetes later in life.

WHO IS AT RISK?

All pregnant women are at risk however, some factors increase the risk such as:

- Over 25 years old
- Overweight
- Have a family history of diabetes
- Are Black, Asian, Hispanic, or Indigenous
- Have had a prior pregnancy



MAY INCREASE THE RISK OF YOUR BABY HAVING:

- Low Blood Sugar
- Breathing Issues
- Jaundice
- Increased risk of type 2 diabetes later in life

COMMON SYMPTOMS



Fatigue



Snoring



Excessive
Thirst



Weight Gain



Increased
Urination

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