





RESOURCES FOR WOMEN WITH GESTATIONAL DIABETES



Gestational Diabetes affects about 4 percent of pregnant women and can have health risks for both mother and child. Although gestational diabetes usually disappears after the birth of the baby, women who have had the disease are more likely to develop type 2 diabetes years later. If properly treated by controlling blood glucose levels and making lifestyle changes, complications to mother and child can be avoided or minimized.

This interactive website includes an extensive library of frequently asked questions about gestational diabetes and offers a free online e-course on the basics of the disease, its management, and how to ensure a healthy pregnancy. The site also provides links to the American Diabetes Association Clinical practice recommendations and guidelines for diagnosis and treatment of gestational diabetes as well as links to sites that address issues such as risk factors, nutrition, and the effects of gestational diabetes on babies.

<http://diabetes.about.com/od/gestationaldiab/>

The American Diabetes Association Web site describes how pregnant women develop gestational diabetes, the affects it can have on the baby, how it is treated, and what types of lifestyle changes can be made to reduce the risk of developing diabetes later in life.

<http://www.diabetes.org/gestational-diabetes.jsp>

The National Institute of Diabetes and Digestive and Kidney Diseases Web site offers information on gestational diabetes, including the risk factors for getting the disease. The site offers recommendations on when to get checked for gestational diabetes and how to work with health care providers to monitor the disease. Specific recommendations are offered for avoiding or delaying type 2 diabetes later in life. Additional resources are offered on nutrition, diabetes and medicines, children's health, and diabetes prevention.

<http://diabetes.niddk.nih.gov/dm/pubs/gestational/>

The Family Doctor Web site is operated by the American Academy of Family Physicians and includes basic easy to understand information on gestational diabetes and what changes need to be made if a pregnant woman has been diagnosed with the disease. The site offers information on what to do during pregnancy as well as what to expect in the weeks following the birth of the baby.

English: <http://familydoctor.org/075.xml>

Español: <http://familydoctor.org/x6648.xml>

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