

HEALTH TIPS

Make Health Happen

Pregnancy and diabetes

WHEN YOU DEVELOP DIABETES DURING PREGNANCY, IT IS CALLED GESTATIONAL DIABETES

Diabetes happens when your body is not able to use its blood sugar the right way. Your body makes insulin to keep your blood sugar levels normal.

Diabetes is when something is wrong with how your body makes or uses insulin. Your blood sugar level can go very high or very low. This is dangerous for you and your baby.

How likely is it that I will have gestational diabetes?

Put a check next to the statements that are true.

- I have high blood pressure.
- I am 30 years old or older.
- I have a family member with diabetes.
- I had gestational diabetes with an earlier pregnancy.
- I have gained too much weight during this pregnancy.

If you checked any of the above, you are more likely to get gestational diabetes during your pregnancy.

If I have gestational diabetes, what can I do to keep my baby and me healthy?

There are many things you can do to keep you and your baby healthy. Put a check next to the things you are willing to do.

- I can work with my doctor to keep my blood sugar under control.
- I can help control my blood sugar by staying active.
- I can eat foods that are low in sugar.
- I can eat small amounts of healthy food more often instead of three large meals a day.
- I can eat whole-grain bread, pasta and cereal.
- I can eat low-fat dairy foods like milk, yogurt and cheese.
- I can eat fish, chicken, eggs and other lean meats.
- I can eat fresh fruits and vegetables.

When to call your doctor:

Call your doctor if you have:

- Higher than normal blood sugar levels
- Vaginal bleeding
- Stomach cramps or contractions
- Blurred or double vision
- Little or no movement from the baby
- Feelings of being light-headed, dizzy or shaky

You can have a healthy pregnancy and baby even if you have gestational diabetes. You and your doctor can work together to keep your blood sugar under control.

National Institutes of Health website: *Managing Gestational Diabetes: A Patient's Guide to a Healthy Pregnancy*, February 8, 2001: www.nichd.nih.gov/publications/pubs/gest_diabetes/pages/index.aspx. (Accessed June 6, 2014.)



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Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.