

## After Gestational Diabetes: Reducing Your Risks

Now that you have had your baby, you may be asking what you should do to stay healthy. Because you had diabetes when you were pregnant you need to continue to take special care of yourself. The following suggestions can help you and your family be healthy and reduce your chance of getting diabetes.

### EAT A HEALTHY DIET

- ❖ Eat foods low in fat and limit sweets. Be aware of portion sizes and limit them.
- ❖ Eat foods high in fiber. Snack on fruits and vegetables.
- ❖ Avoid fast foods and processed foods.



### STAY PHYSICALLY ACTIVE

- ❖ Walk briskly at least 30-minutes every day.

### BREASTFEED YOUR BABY

- ❖ Studies show breastfeeding your baby for at least 6 months can reduce both your risk and your baby's risk of diabetes.

### KEEP A HEALTHY WEIGHT

- ❖ If you are overweight, lose weight. Aim to get to your goal weight within one year.
- ❖ Losing weight can help lower your chances of getting gestational diabetes with your next pregnancy.
- ❖ Woman who remain overweight after pregnancy are more likely to develop type 2 diabetes in the next 5 years.

### FOLLOW UP WITH YOUR HEALTH CARE PROVIDER

- ❖ Tell them you had diabetes when you were pregnant.
- ❖ Tell them you need a blood sugar test (called "Fasting, 75 gram -2 hour oral glucose tolerance test" - OGTT).
- ❖ Get the 75 gm 2 hr OGTT before your 6- week check-up. You must be fasting.
- ❖ Get this test again on the baby's first birthday along with your blood fats (lipids).
- ❖ Get these tests every three years if results stay normal.



- ❖ If you are diagnosed with pre-diabetes (fasting  $\geq 100$  or 2 hour  $\geq 140$ ). Get a referral from your Primary Care Provider to see a dietitian. Repeat the OGTT & lipid panel blood test every year.

### USE BIRTH CONTROL

- ❖ Get a birth control method that is safe for you and works!!
- ❖ Avoid progesterone only birth control if you are breastfeeding.