

## Gestational Diabetes

Gestational diabetes is a type of diabetes, or high blood sugar, that only pregnant women get. In fact, the word gestational means pregnant. If a woman gets high blood sugar when she's pregnant, but she never had high blood sugar before, she has gestational diabetes. If not treated, gestational diabetes can cause problems for the mother and baby.

Most of the time, gestational diabetes goes away after the baby is born. The changes in your body that cause gestational diabetes normally occur only when you are pregnant. After the baby is born, your body goes back to normal and the condition goes away.

Gestational diabetes is treatable, especially if you find out about it early in your pregnancy. The best way to control gestational diabetes is to find out you have it early and begin treatment quickly.

If you are at average risk for developing gestational diabetes, you will be tested at around 24-28 weeks pregnant.

Remember, each pregnancy is different. Although you may not have had gestational diabetes when you were pregnant before, you could get it with your current pregnancy. Or, if you had gestational diabetes before, you may not get it with this pregnancy. Follow your physician's advice about your risk level and getting tested.