

RISK FACTORS

GESTATIONAL DIABETES

Any pregnant woman can develop Gestational Diabetes. However, some women are just at a greater risk.

You are at a greater risk for Gestational Diabetes if you:

- ♥ Are older than 25 when you are pregnant
- ♥ You are African-American, American Indian or Asian
- ♥ Have a family history of diabetes
- ♥ Gave birth to a baby that weighed more than 9 pounds or had a birth defect
- ♥ Have sugar (glucose) in your urine when you see your doctor/healthcare provider for a regular prenatal visit
- ♥ Have high blood pressure
- ♥ Have too much amniotic fluid
- ♥ Have had an unexplained miscarriage or stillbirth
- ♥ Were overweight before your pregnancy

For more information, call
Healthy Start
(219) 989-3939

Or you can check out the following websites:

www.diabetes.org

www.nlm.nih.gov/medlineplus/ency/article/000896.htm

www.mayoclinic.com/health/gestational-diabetes

Sources:

1. www.nlm.nih.gov/medlineplus/ency/article/000896.htm (accessed 11/15/10)
2. Northwest Indiana Healthy Start handout, "ptl risk factors"

The information provided here is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed medical professional.

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