

**Top 5 reasons to attend
Stewart Memorial Community
Hospital Gestational Diabetes
Self-Management Classes:**

5. I want to know what I can eat and how much.
4. I want to prevent Type 2 diabetes later in life.
3. I need to know how to manage my blood sugar during pregnancy.
2. I need help managing my stress level.

**1. *I want to understand
gestational diabetes and make
good decisions for my baby's
health.***

Early management of gestational diabetes and your active participation in the care, will help give you and your unborn child the best possible chance for good health.

Stewart Memorial Community Hospital Diabetes program offers convenient classes and counseling sessions with our nurse educator and registered dietitian.

To learn more about Stewart Memorial Community Hospital Diabetes Programs, contact Maurine Thieszen, RD, LD, CDE, Diabetes Education Coordinator, 712-464-4249

OR

**Marcia Schaefer, RN
712-464-4205**



Stewart Memorial Community Hospital Diabetes program has been awarded recognition by the American Association of Diabetes Educators in accordance with the National Standards for Diabetes patient education programs.

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Community Hospital**
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Gestational Diabetes

Self - Management Education



Stewart Memorial
Community Hospital
Lake City



www.stewartmemorial.org

Pregnancy should be a time of joy and happiness. But many women worry about their pregnancy especially if they are told they have gestational diabetes.

What is gestational diabetes?

Pregnant women who have never had diabetes before but have high blood sugar (glucose) levels during pregnancy are said to have gestational diabetes.

Gestational diabetes affects about 10% of all pregnant women.

Like other forms of diabetes, gestational diabetes affects the way your body uses sugar (glucose), your body's main source of fuel.



How do you find out if you have gestational diabetes?

Because it is important to detect and treat gestational diabetes, your healthcare provider will test your blood at 24-28 weeks, or earlier. The test requires you to drink a standard amount of glucose. A blood sample is checked one hour later. If results reveal a high level of glucose, a more extensive three-hour glucose test will be conducted.

Who develops gestational diabetes?

The following factors can increase your chances of developing gestational diabetes:

- Family history of diabetes.
- Being overweight. (You're more likely to develop gestational diabetes if you're significantly overweight).
- Being older than age 25. (Women older than age 25 are more likely to develop gestational diabetes).
- Previous history of pre-diabetes, gestational diabetes, or having given birth to a baby weighing more than 9 pounds.



Gestational Diabetes Session Topics:

- Gestational Diabetes Basics
- Self-monitoring of blood glucose
- Healthy eating & meal planning
- Dining out
- Being active
- Medications
- Problem solving
- Reducing risks
- Healthy coping with upsets
- Motivating yourself to live well

The Gestational Diabetes skills class is taught in 3 sessions.