



# GESTATIONAL DIABETES



- Happens when a pregnant mother has diabetes
- Affects up to 13% of pregnancies among Aboriginal women
- Often goes away after birth
- Increases risk of diabetes later for mother and child

Risk factors include:

- Overweight
- Age 35 or over
- Parent, brother or sister with diabetes
- Previous birth to large babies



Talk with your healthcare team if you are thinking about having children.