Dear New Mother,

Best wishes to you and your new baby!

Now that you are home from the hospital, we want to give you some important health care information.

As you know, while you were pregnant you had a type of diabetes known as “Gestational Diabetes,” (GDM) or high blood sugar. We hope you will be one of the majority of women whose blood sugar returns to normal after pregnancy. Nevertheless, all women who have had Gestational Diabetes remain at risk for getting diabetes in the future. Up to 1 in 4, or 25% of women who had GDM continue to have high blood sugar even after their baby is born. About 5% will have type 2 diabetes and about 20% will have pre-diabetes.

Pre-diabetes is when your blood sugar is higher than normal but not high enough to be diabetic. Having pre-diabetes means you are at high risk to develop type 2 diabetes in the near future. Research shows that diet, exercise and medicines such as Metformin may be used to treat pre-diabetes. Please call our office to talk about your case.

**IT IS IMPORTANT TO KNOW IF YOU HAVE DIABETES OR PREDIABETES AFTER YOUR PREGNANCY.**

To find out, you need to have a blood test 4 to 6 weeks after your baby is born, and again when your baby is one year old. You should be checked every year after that to see if you have pre-diabetes or diabetes.

If you become pregnant again, there is a high chance (2 out of 3 or 66%) that you will have Gestational Diabetes again. The information that you have learned at the Sweet Success Program can help you and your child avoid diabetes in the future.

Tips to stay healthy after Gestational Diabetes are included in the attached sheet “After Gestational Diabetes: Reducing Your Risks”.

Sincerely yours,