

Diabetes in Pregnancy



DIP-Project
Diabetes In Pregnancy - Project



AMD - SID Pregnancy Working Group
"Lombardy Region"

Gestational diabetes - follow up



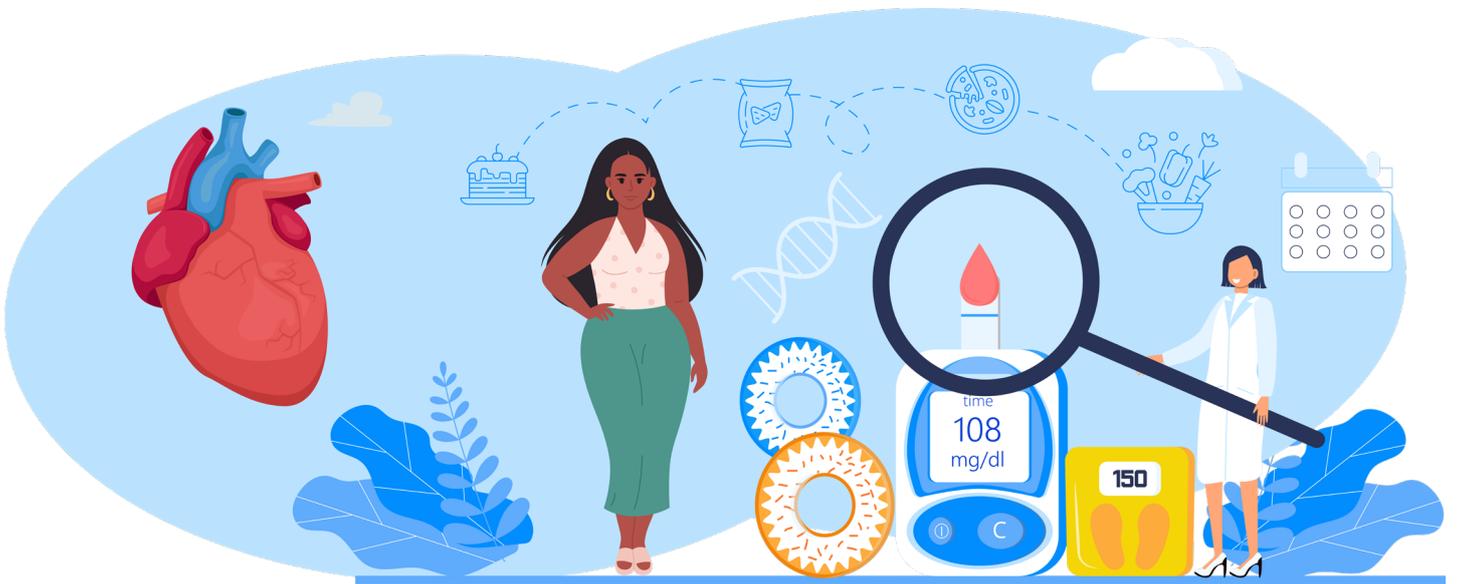


AMD - SID Pregnancy Working Group "Lombardy Region"

GESTATIONAL DIABETES - FOLLOW UP

Did you have gestational diabetes during pregnancy?

You should know that women who have had gestational diabetes **have an increased risk of developing type 2 diabetes mellitus both in the first five years after giving birth and in older age.**



This is why it is important to continue with a correct lifestyle as done during pregnancy.

- **Healthy, balanced diet low in simple sugars** (few sweets, sugary drinks...)
- **Moderate but regular physical activity** (walking, cycling...)

It is important to maintain a normal body weight (BMI, which is the ratio of weight to height, should be kept between 18 and 25).



After delivery, follow-up examinations (control) will be recommended, which are important for early screening/diagnosis of a possible onset of type 2 diabetes.

- Carrying out the 75 g **oral glucose tolerance test** about 6-12 weeks after delivery
- Carrying out the 75 g oral glucose tolerance test also at a later date, approximately 1-3-5 years after delivery, at the discretion of the physician.

Or alternatively

- **Annual check of blood glucose and glycated hemoglobin**



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