



## Diabetes

*Diabetes is a disease that affects people of every age, also among youth. If you are planning to have a baby, now or in a short while, you should know that when diabetes is not properly controlled you raise your risk of health problems, compromise your pregnancy and your future baby's health. Consult your family doctor and try for a baby only when diabetes is thoroughly under control.*

### Diabetes

If you have diabetes you already know it well. You also know if you have Type 1 or Type 2 diabetes and you know how to treat yourself: you are maybe using insulin or other medications, or just following a healthy diet.

In any such case you should review your health status with your doctor when planning for pregnancy. See your doctor since diabetes (both Type 1 and Type 2) when not well controlled before and during pregnancy may cause several problems. Your future baby might for example have a birth defect (congenital heart disease, in particular).



Make constant blood tests and make sure that your blood sugar and glycosylated hemoglobin values are within the given ranges before you get pregnant.

Follow suggestions contained in the 'decatalogue'. All international health organizations suggest that women who have diabetes should take 5 mg of folic acid pills a day. That is more than usually suggested to any other woman of childbearing age.



### Possible problems when diabetes is not properly controlled

For the woman	For the baby
<ul style="list-style-type: none"> <li>✚ Worsening of pre-existing problems</li> <li>✚ Miscarriage</li> <li>✚ Urinary tract infection</li> <li>✚ Hypertension with or without pre-eclampsia</li> <li>✚ Cesarean delivery</li> <li>✚ Difficult delivery</li> </ul>	<ul style="list-style-type: none"> <li>✚ Congenital anomalies, mainly cardiac</li> <li>✚ Preterm birth</li> <li>✚ Macrosomia (LGA) (weight &gt;4,000gr)</li> <li>✚ Neonatal hypoglycemia</li> <li>✚ Neonatal jaundice</li> <li>✚ Obesity in childhood</li> </ul>

### Plan your pregnancy and regular follow up with your doctor

Pregnancy should be planned. This is a simple rule that everyone should follow, especially women with diabetes. See your doctor regularly and meticulously follow his advice for your therapy, diet and physical exercise.

### Have you had gestational diabetes?

If you had gestational diabetes in a previous pregnancy that has resolved after delivery, you should anyway talk with your doctor about getting your blood sugar checked: women who had gestational diabetes may in fact develop type 2 diabetes later in life.