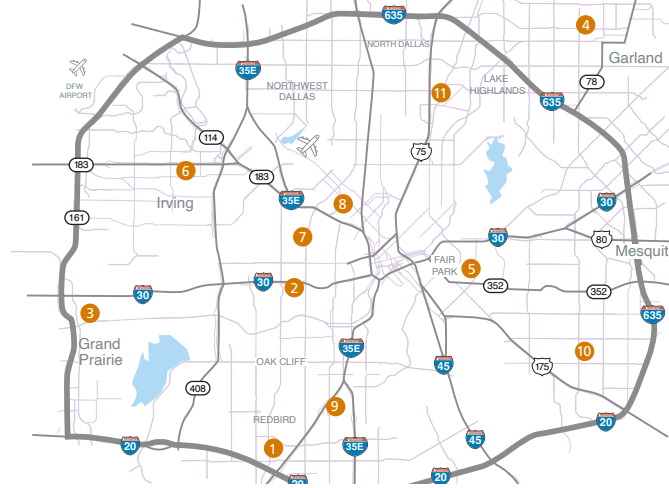


## Things to know about after delivering your baby if you have GDM:

- Your medical provider will talk with you about birth control after your baby is born
- If you had to take medicine, a diabetes test will be done 4-12 weeks after delivery of your baby
- You will be educated on a healthy lifestyle and/or medicine to prevent diabetes after delivery
- Breastfeeding can lower your risk of getting diabetes outside of pregnancy. Because of this, it is recommended you breastfeed your baby for at least 6 months.



- You will need to be screened for type 2 diabetes every 1–3 years for the rest of your life if you have GDM
- If planning another pregnancy, you will need earlier screening for diabetes to identify and treat high blood sugar levels
- You will have an assessment for your wellbeing after your baby is born and will be taught about self-care. There is lots of support available to you!



- 1 C.V. Roman Women's Health Center**  
214-266-7320  
3560 W. Camp Wisdom Road Suite 100, Dallas, 75237
- 2 deHaro-Saldivar Women's Health Center**  
214-266-0580  
1400 N. Westmoreland Road, Dallas, 75211
- 3 E. Carlyle Smith, Jr. Women's Health Center**  
214-266-3500  
801 Conover Drive, Grand Prairie, 75051
- 4 Garland Women's Health Center**  
214-266-0780  
Garland Medical Plaza III  
601 Clara Barton Blvd. Suite 200, Garland, 75042
- 5 Hatcher Station Women's Health Center**  
214-266-1200  
4600 Scyene Road, Dallas, 75210
- 6 Irving Women's Health Center**  
214-266-3200  
1800 N. Britain Road, Irving, 75061
- 7 Lake West Women's Health Center**  
214-266-0900  
3737 Goldman St., Dallas, 75212
- 8 Maple Women's Health Center**  
214-266-0130  
5151 Maple Avenue, Suite 6-A, Dallas, 75235
- 9 Oak West Women's Health Center**  
214-266-1400  
4201 Brook Spring Drive, Dallas, 75224
- 10 Southeast Dallas Women's Health Center**  
214-266-1500  
9202 Elam Road, Dallas, 75217
- 11 Vickery Women's Health Center**  
214-266-0266  
8224 Park Lane Suite 130, Dallas, 75231

# Women's Health Centers



## Diabetes and Pregnancy



**Parkland**

*Care. Compassion. Community.*

# Welcome to the Women's Health Centers



## WHO WE ARE:

The Women's Health Centers (WHCs) are 11 neighborhood centers located in areas of Dallas County that need better access to health care.

## WHAT WE DO:

Our teams provide women's health care including prenatal care, birth control services, well woman exams, vasectomy counseling and gynecological care. We focus on primary care and referral to specialty services as needed.

## Family Planning for Women Living with Diabetes

Starting a family can be a very happy time, but it can also be a hard time. The best type of pregnancy is a planned one.

Use the list below to help you plan a healthy pregnancy with diabetes.

Before you get pregnant:

- Reach an **A1c of 6.5% or less**
- Tell your **medical provider** that you are planning to become pregnant
- Start taking **prenatal vitamins**
- **Exercise** 30 minutes a day



- **Stop** smoking, drinking alcohol and using drugs
- Meet with a **dietitian for meal planning**
- Meet with a **diabetes care and education specialist** for any needed education

### Not ready to start a family?

Talk to your medical provider or contact a Women's Health Center (WHC) about your options for birth control that will work best for you.

## Gestational Diabetes (GDM)

If you did not have diabetes before pregnancy but have high blood sugar levels during pregnancy, this is called **gestational diabetes**.

Your medical provider will do an oral glucose tolerance test (OGTT) at 24-28 weeks of pregnancy to check for gestational diabetes. If you are high risk your provider may order this test earlier.



**You are at higher risk of complications during pregnancy if you have any kind of diabetes. These risks include:**

- Early delivery
- Birth defects
- Having an extra large baby
- High blood pressure (Preeclampsia)
- Needing a C-section

**It is very important for you to care for your diabetes when you are pregnant. Treatment may include:**

- Education
- Healthy eating and meal planning
- Exercise
- Monitoring your sugar levels
- Medicines as needed
- Medical care and self-care support