

**They grow up
in the blink
of an eye.**



Don't miss a minute.

Don't let gestational diabetes become type 2 diabetes.

If you've had gestational diabetes, you're more than seven times as likely to develop type 2 diabetes as women who did not have diabetes during pregnancy. But you can lower your risk.

Be sure to tell your health care providers that you have had gestational diabetes. Working with your doctor, healthy eating, and exercising can help prevent type 2 diabetes. Follow these steps so you can enjoy a healthy, active life with your baby.

 American Diabetes Association.
CheckUpAmerica[®]



The American College of
Obstetricians and Gynecologists

For more information, visit CheckUpAmerica.org/GDM, or call 1-800-DIABETES.