

## In Missouri

About seven out of every 100 pregnant women get gestational diabetes.

The likelihood of having gestational diabetes increases with age to about one in ten for women over 35 years old.

Women diagnosed with gestational diabetes are less likely to attend their follow up appointments after delivery.

## Useful Links

[http://  
www.diabetes.org/  
diabetes-basics/  
gestational/](http://www.diabetes.org/diabetes-basics/gestational/)

[http://  
diabetes.niddk.nih.gov/  
dm/pubs/gestational/](http://diabetes.niddk.nih.gov/dm/pubs/gestational/)

[http://  
www.mayoclinic.com/  
health/gestational-  
diabetes/DS00316](http://www.mayoclinic.com/health/gestational-diabetes/DS00316)

[http://  
www.webmd.com/baby/  
guide/understanding-  
gestational-diabetes-  
basics](http://www.webmd.com/baby/guide/understanding-gestational-diabetes-basics)

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## Missouri Department of Health and Senior Services

# Gestational Diabetes Mellitus



## What is Gestational Diabetes Mellitus?

Gestational diabetes mellitus (GDM) is high blood sugar first diagnosed during pregnancy. GDM is different than diabetes that has been diagnosed prior to pregnancy.

## What are the risk factors for developing Gestational Diabetes?

Women older than 25  
Women with a family history of diabetes  
Women who are overweight or obese  
Women who had gestational diabetes in a past pregnancy  
Women who are African American, Hispanic or American Indian  
Women who have had a baby weighing over 9 pounds or who have had a stillbirth

## What is the risk without treatment?

For the mother, increased risk of:  
Miscarriage or preterm birth  
Pre-eclampsia, which is a dangerous increase in blood pressure  
Large babies, also known as Macrosomia  
Complications during delivery

For the baby, increased risk of:  
Obesity and developing diabetes later in life  
Jaundice, which is a prolonged yellowing of the skin and eyes

## What We Know

Prevalence of GDM increases with maternal age.  
Hispanic and other racial women have a higher prevalence than non-Hispanic-white and African-American/Black women.  
Married women have a slightly higher prevalence than unmarried.  
Women who delivered macrosomic babies have a higher prevalence than those who delivered low or normal birth weight babies.

## What is the prognosis for gestational diabetes?

Most women with gestational diabetes who receive treatment go on to deliver healthy babies. The risk of complications increases when blood glucose levels are not properly managed. While some women with gestational diabetes will develop type 2 diabetes after delivery, this risk can be reduced by following a good nutritional plan, maintaining a healthy weight and exercise.

**Follow up appointments and testing are essential!**