



Diabetes in Pregnancy: Know Your Facts

Below are some facts you need to know about gestational diabetes (GDM) and the common myths some people believe.

Can I manage gestational diabetes by diet and exercise only?

Common Myth

I am pregnant and diagnosed with gestational diabetes. I can manage my diabetes with a healthy diet and exercise only.

Fact

A healthy diet and exercise can play a big role in managing gestational diabetes. But in some situations, pregnant women with gestational diabetes might need medications to keep their blood sugar level controlled. It is very important to talk with your doctor about your situation and the best treatment for you.

How does my weight affect gestational diabetes?

Common Myth

I am pregnant and I am thin. It is not possible for me to have gestational diabetes.

Fact

It is possible for a thin woman to develop gestational diabetes during her pregnancy. Studies have shown that up to 50 percent of women who are diagnosed with gestational diabetes don't have any of the known GDM risk factors such as being overweight or obese.

How does gestational diabetes affect my baby's birth weight?

Common Myth

I heard that all pregnant women diagnosed with gestational diabetes will have a large baby.

Fact

Untreated gestational diabetes can lead to having a large baby which may lead to difficulties when delivering your baby. Proper treatment and management of blood sugar level during pregnancy can help to reduce this risk.

How is gestational diabetes managed?

Common Myth

I will have to start insulin therapy immediately if I am diagnosed with gestational diabetes.

Fact

The first step to treating and managing gestational diabetes is normally through a healthy diet and physical activity as recommended by your doctor. If your blood sugar level is still uncontrolled, your doctor may prescribe insulin therapy for you.

Is it my fault that I developed gestational diabetes?

Common Myth

It is my fault for developing gestational diabetes.

Fact

It is not. When you are pregnant, your pregnancy hormones affect the way your body uses insulin. This leads to an increase in your blood sugar level.



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