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 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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