



Gestational Diabetes Mellitus

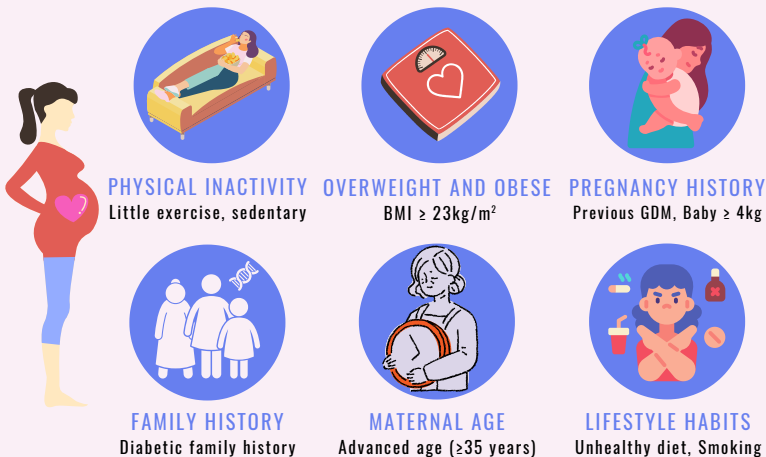
What is GDM?

GDM is a **high blood sugar** condition occurring during pregnancy (commonly 2nd/3rd trimester), among women without history of chronic diabetes.

In Singapore, **20-25%** of pregnant women are affected.

GDM affects 1 in 4 pregnant women

Risk Factors



How does GDM affect me and my baby?



POSSIBLE SHORT-TERM COMPLICATIONS

- Premature birth
- Pre-eclampsia
- Polyhydramnios
- Operative delivery
- Shoulder dystocia
- Macrosomia
- Neonatal hypoglycemia
- Jaundice



POSSIBLE LONG-TERM CONSEQUENCES

For Mother:

- Type 2 Diabetes
- Metabolic syndrome
- Cardiovascular disease
- Kidney disease
- Liver disease

For Child:

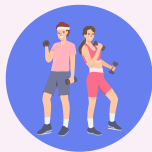
- Obesity
- Metabolic Syndrome
- Prediabetes
- Type 2 diabetes
- Cardiovascular disease

What should I do?



HEALTHY EATING

E.g. Mediterranean diet,
healthy plant-based diet



PHYSICAL ACTIVITY

Moderate exercise



ROUTINE SCREENING

Consult your doctor
Oral Glucose Tolerance Test
Self-monitor blood sugar



WEIGHT CONTROL

Self-maintain
healthy weight