

## NATIONAL GESTATIONAL DIABETES REGISTER

### Have you had your regular diabetes check?

This is to remind you about having a regular diabetes check. As many as 1 in 2 women who have had gestational diabetes will develop pre-diabetes or type 2 diabetes within 10-20 years. Diabetes checks can show if your blood glucose levels are in the healthy range. Knowing this can help you and your general practitioner (GP) look after your health.

**If you have not had a recent diabetes check, now is a good time to visit your GP** who will organise it for you. You can find out more about diabetes checks in the below flyer. We will also send a reminder to your GP (as listed in the email or letter you received from us).

**To update your details, your GP's details**, or if you no longer wish to receive communications from the Register, please visit [ndss.com.au/gdm-update](https://ndss.com.au/gdm-update).

If you have any questions, please contact us via email on [info@ndss.com.au](mailto:info@ndss.com.au) or call the **NDSS Helpline on 1800 637 700**.

Yours sincerely,

**Jan Ridd**

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### Why do I need a diabetes check?

As many as 1 in 2 women who have had gestational diabetes will develop pre-diabetes or type 2 diabetes within 10-20 years.

Type 2 diabetes can develop without any symptoms. Regular diabetes checks can pick up pre-diabetes or type 2 diabetes early.

### What is a diabetes check?

A diabetes check is usually a simple blood test. You may be asked to fast (avoid eating) overnight before the test. Ask your GP about the type of test and how often you need to have it done.

**Diabetes checks are recommended every 1 to 3 years** even if your last result was in the healthy range.

“Early detection is a big deal. If I do get diabetes, it’s more manageable the quicker you get onto it. My children, my family are a big motivation for me, so doing the test is worth it” **Anna, 29 years**

This is also a good time to have other health checks, like your blood pressure and cholesterol.

**See your GP to book your diabetes check now.**

### What if I am planning another pregnancy?

Discuss pregnancy planning with your GP. This should include a check for type 2 diabetes every 1-2 years. When you are planning another pregnancy, this check will usually be an oral glucose tolerance test.

### What happens if I am diagnosed with type 2 diabetes?

Type 2 diabetes can be managed with healthy eating, and physical activity. You may also need to take medication. Your GP can support you to manage diabetes and look after your health.

### How can I find out more?



Scan the QR code for more information about diabetes checks, staying healthy to reduce your risk of type 2 diabetes and planning for a future pregnancy.

### Need more support?

Contact your GP, local hospital maternity service, or call the NDSS Helpline on **1800 637 700**.

Go to [ndss.com.au/gdm-update](https://ndss.com.au/gdm-update) to update your contact details or opt out of the Register.

Find more information at  
[ndss.com.au/gestational-diabetes](https://ndss.com.au/gestational-diabetes)