



A MINUTE OF HEALTH WITH CDC

Diabetes During Pregnancy

National Birth Defects Prevention Month and Folic Acid Awareness Week

Recorded: January 26, 2010; posted: January 28, 2010

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Diabetes is especially dangerous during pregnancy because it can affect the health of the mother *and* her unborn child. A woman with uncontrolled diabetes just before and during early pregnancy has a greater chance of miscarriage or stillbirth, having the baby prematurely, or having a baby with birth defects. Uncontrolled diabetes that is first recognized during pregnancy may cause the baby to grow very large and lead to problems with delivery.

If you're pregnant, get checked for diabetes. If you have diabetes, work with your doctor to control it so you *can* have a healthy baby.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.