



## Protect Your and Your Baby's Health Through Early Screening for Gestational Diabetes

If you're pregnant and at high risk, talk to your health care provider about **getting screened for gestational diabetes (GDM) between 24–28 weeks**.

Early detection can make all the difference in managing your and your baby's health. If diagnosed with GDM, ongoing screening and treatment during and after pregnancy are critical.





## Tools and Resources to Support Your Health

The American Diabetes Association® offers tools and resources to support you throughout pregnancy and beyond, including:

- Screening guidelines
- Nutrition guidance if diagnosed with GDM
- Treatment options
- And more!

Scan QR code or visit [diabetes.org/GDM](https://diabetes.org/GDM) to explore resources.

