



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.

