

**Pregnancy Session 1 - Topic 1 Understanding your future risk of Diabetes & Heart Disease.**

**Resource 1 - Common Pregnancy Complications - Gestational Diabetes Mellitus (GDM) and Hypertensive Disorders of Pregnancy (HDP)**

<i>Complication</i>	<i>Definition</i>	<i>Symptoms</i>	<i>Treatment</i>
<b>Gestational Diabetes Mellitus (GDM)</b> also known as high <b>Blood Sugar in Pregnancy</b>	High blood sugar levels during pregnancy, often caused by hormones released by the placenta which block insulin action.	Variable. Some women experience: <ul style="list-style-type: none"> <li>• Excessive thirst</li> <li>• Fatigue</li> <li>• Hunger</li> </ul>	Health care providers will monitor blood sugar levels. Women can usually control GDM by adhering to a healthy lifestyle (diet and exercise).
<b>Gestational Hypertension</b> also known as high <b>Blood Pressure in pregnancy</b>	Blood pressure of 140/90 mm/Hg or higher after 20 weeks of pregnancy.	Variable. Some women experience: <ul style="list-style-type: none"> <li>• Headaches</li> <li>• Changes in vision (occasional, mild)</li> </ul>	Health professionals will closely monitor blood pressure levels and test for preeclampsia if needed.
<b>Preeclampsia</b>	High blood pressure with effects on the body's organs.	Variable. Some women experience: <ul style="list-style-type: none"> <li>• Headaches</li> <li>• Excessive protein in urine</li> <li>• Body part swelling</li> <li>• Changes in vision</li> </ul>	Regular testing of blood pressure and urine. Some cases of preeclampsia are monitored in hospital and can be treated with medicine and bed rest. In some cases, pregnancy may be induced.

*Please note, if you have any of the symptoms on this chart you should call your doctor or midwife. If a problem is found, make sure to follow your doctor's advice about treatment.*