



## Gestational Diabetes Patient Resources

Document Topic	Link	Description
<b>GENERAL</b>		
Gestational Diabetes	<a href="#">Gestational Diabetes   CDC</a>	What causes Gestational Diabetes, Symptoms and Risk Factors, Related Health Problems
Gestational Diabetes	<a href="#">National Diabetes Education Program - Gestational Diabetes (cdc.gov)</a>	What is it, Risk Factors, Diagnosing Gestational Diabetes, Treatment
Gestational diabetes and a healthy baby? Yes	<a href="#">Gestational Diabetes-Causes &amp; Treatment   ADA</a>	Up to 10 % of pregnancies in the U.S. are affected by gestational diabetes every year.
Gestational Diabetes	<a href="#">Gestational diabetes - Diagnosis &amp; treatment - Mayo Clinic</a>	Diagnosis and treatment of Gestational Diabetes
5 Health Habits for Women Who Had Gestational Diabetes to Monitor	<a href="#">5 Health Habits for Women Who Had Gestational Diabetes to Monitor   ADA</a>	Overview, being a health weight, eating high quality, nutritious diet, getting regular activity, limit alcohol, not smoking
Diabetes During Pregnancy	<a href="#">Diabetes During Pregnancy   Maternal Infant Health   CDC</a>	How diabetes can affect pregnancy health
Gestational Diabetes FAQs	<a href="#">Gestational Diabetes   ACOG</a>	FAQ on Gestational Diabetes
<b>Management</b>		
Current Guidelines on the Management of Gestational Diabetes Mellitus	<a href="#">Current guidelines on the management of gestational diabetes mellitus: a content analysis and appraisal - PMC (nih.gov)</a>	Current guidelines on the management of gestational diabetes mellitus: a content analysis and appraisal
Managing a Pregnancy with Gestational Diabetes	<a href="#">Managing a Pregnancy With Gestational Diabetes   ACOG</a>	A personal story of gestational diabetes
ADA Prenatal Care	<a href="#">Prenatal Care   ADA (diabetes.org)</a>	FAQ on Gestational Diabetes
How Gestational Diabetes Can Effect Your Baby	<a href="#">How Gestational Diabetes Can Impact Your Baby   ADA</a>	How Gestational Diabetes impacts the baby and a ADA podcast



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<b>NUTITION</b>		
<b>7 Day Gestational Diabetes Diet Meal Plan</b>	<a href="#">7 Day Gestational Diabetes Diet Meal Plan (PDF &amp; Menu) - Medmunch</a>	General Guidelines for Gestational Diabetes Diet
<b>Dietary Recommendations for Gestational Diabetes</b>	<a href="#">Dietary Recommendations for Gestational Diabetes   UCSF Health</a>	Moderating and monitoring carbohydrates
<b>Gestational Diabetes: Counting Carbs</b>	<a href="#">Gestational Diabetes: Counting Carbs   Patient Education   UCSF Health</a>	Example of menus containing 30 grams of carbohydrates
<b>What Should You Eat When You're on a Gestational Diabetes Diet Plan</b>	<a href="#">What to Eat When On a Gestational Diabetes Diet (clevelandclinic.org)</a>	Gestational diabetes food list
<b>Gestational Diabetes Meal Planning</b>	<a href="#">gestational-diabetes-meal-planning.pdf (nm.org)</a>	Meal planning for gestational diabetes
<b>EXERCISE</b>		
<b>The Benefits of Exercise for Gestational Diabetes</b>	<a href="#">Gestational diabetes: The benefits of exercise (medicalnewstoday.com)</a>	Types of exercises for pregnant women
<b>MENTAL HEALTH</b>		
<b>About Gestational Diabetes and Post Partum Depression</b>	<a href="#">About Gestational Diabetes and Postpartum Depression   Diabetes   CDC</a>	Depression in patients with gestational diabetes
<b>Gestational Diabetes and Post Partum Depression - Spanish</b>	<a href="#">La diabetes gestacional y la depresión posparto   CDC</a>	Spanish - depression
<b>BREASTFEEDING</b>		
<b>Breastfeeding and Diabetes</b>	<a href="#">Breastfeeding &amp; Diabetes   ADA</a>	Breastfeeding has many proven health benefits for mothers and babies, including helping to prevent diabetes