

Mayo Clinic Minute

Health risks of gestational diabetes

Video	Audio
	All expectant women hope for a healthy pregnancy, but that's not always possible. Some develop gestational diabetes. Dr. Margaret Dow, an OB-GYN at Mayo Clinic explains.
Dr. Margaret Dow OB-GYN Mayo Clinic	“Gestational diabetes causes vascular damage and can cause excessive weight gain in neonates. And about two-thirds of women with gestational diabetes will go on to develop Type 2 diabetes in the following two decades.”
	Dr. Dow says long-term risks of stroke and heart disease significantly increase in women with gestational diabetes.
	“Not just about blood sugar and managing one's blood sugar. It's about all the other cardiovascular risks, including the modifiable ones.”
	Dr. Dow says pregnant women can reduce their risks by maintaining a healthy diet rich in fruit, vegetables, whole grains, lean proteins, and regular exercise.
	“One can even start an exercise program during the pregnancy.”
	Aftercare is just as vital. Dr. Dow says a yearly follow-up after delivery can also reduce health risks.
	For the Mayo Clinic News Network, I'm Vivien Williams