

# ***Do you have Diabetes or are you at risk for Diabetes and... thinking of having a baby?***

***You are at risk of having diabetes if you:***

- ***Are overweight***
- ***Are older than 35***
- ***Are Asian, South Asian, Hispanic, African or Aboriginal***
- ***Had a previous baby over 9 pounds***
- ***Have Polycystic Ovarian Syndrome (PCOS)***
- ***Have been told you have had high blood sugars***
- ***Have a family history of diabetes***
- ***Have darkened skin at the back of your neck or under your arms***

***High blood sugar levels in pregnancy can be harmful to your baby. Ask your doctor or health care professional to test your blood sugar levels before you become pregnant.***

***Get connected with your local Diabetes Education program to plan for a safe and healthy pregnancy***

## ***Protect Yourself and your Baby***

***Call Diabetes Central Intake  
519-653-1470 ext 372  
to get connected.***

***For more information go to:***

***[www.waterloowellingtondiabetes.ca/Public-Pregnancy-and-Diabetes](http://www.waterloowellingtondiabetes.ca/Public-Pregnancy-and-Diabetes)***

**WaterlooWellington**  
D I A B E T E S

