

# When I was pregnant, I found out I had diabetes.



Holly and her daughter, Mary  
Northport, NY



**Now, I am at risk for diabetes for the rest of my life. So is my child.**

**But we can take steps to PREVENT it.** Gestational diabetes is diabetes that is found for the first time when a woman is pregnant. If you had gestational diabetes, tell your health care team and get tested. Tell your child's doctor.

There are steps you can take to prevent or delay diabetes and lower the risk for you and your child. Learn more at [www.ndep.nih.gov](http://www.ndep.nih.gov) or call **1-800-860-8747**; TTY: 1-866-569-1162.

HHS' NDEP is jointly sponsored by NIH and CDC with the support of more than 200 partner organizations.



**NDEP**  
National Diabetes  
Education Program

A program of the National Institutes  
of Health and the Centers for  
Disease Control and Prevention

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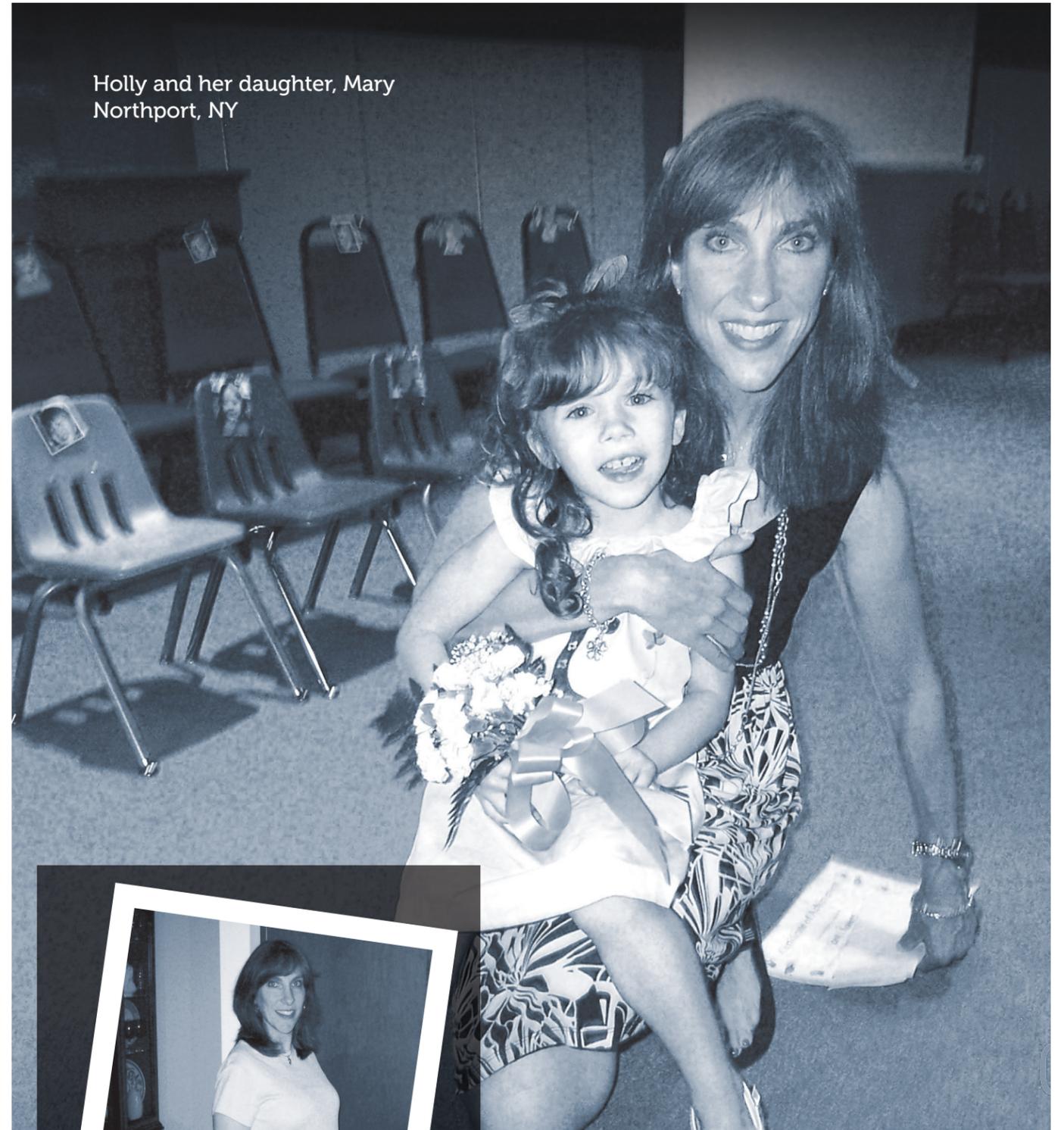
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