

Gestational Diabetes

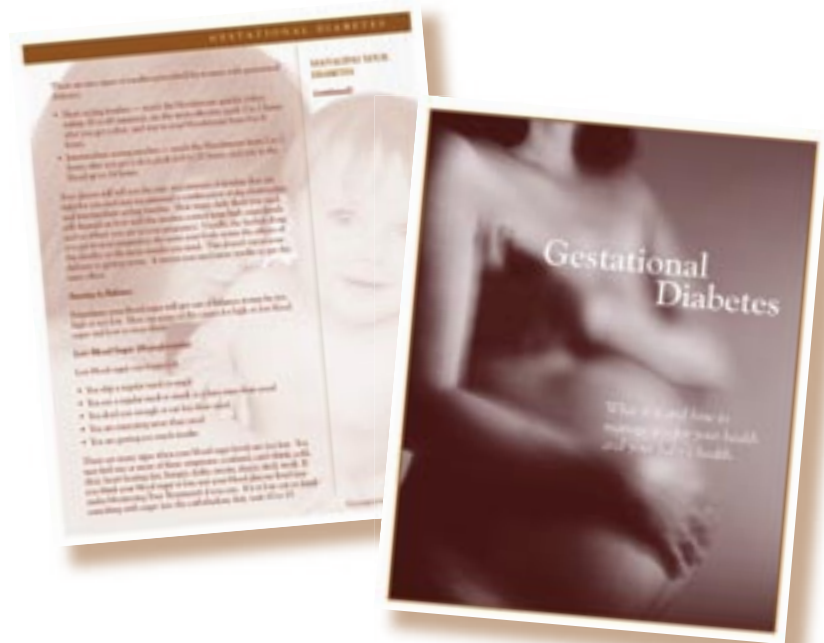
What it is and how to manage it—for your health and your baby's health.

*G*estation is another word for pregnancy; so, gestational diabetes is a form of diabetes that happens only during pregnancy. It is not the same as other forms of diabetes. If you have gestational diabetes, you probably have many questions about it, such as:

- What is gestational diabetes?
- How do I take care of myself now that I have it?
- How will it affect my baby's health?
- Will I still have it after my baby is born?

Managing diabetes means keeping your blood-glucose (blood-sugar) levels within a normal range. This is the same as the blood-glucose levels of a pregnant woman who doesn't have diabetes. This book can answer those questions and also explain how to manage this type of diabetes.

Gestational Diabetes
8" x 10" 20 pages
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