

Managing Gestational Diabetes

What is gestational diabetes?

Gestational diabetes is a temporary condition that can arise during pregnancy and may lead to complications that affect both mother and baby. During pregnancy, a woman's blood sugar can rise to unhealthy levels. Noticeable symptoms are rare, so all pregnant women are screened for signs of gestational diabetes by their ObGyn provider. If you are considered high risk for gestational diabetes, your provider will start screening you earlier in your pregnancy.

Without appropriate prenatal care or interventions, gestational diabetes can lead to:

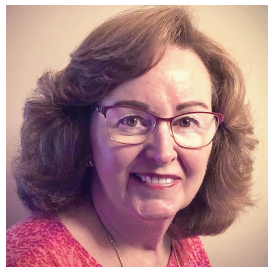
- Having a very large baby and requiring a C-section
- High blood pressure for the mother (preeclampsia)
- Low blood sugar for the baby (hypoglycemia)
- Obesity and type 2 diabetes later in life for the baby



The Women's Health Gestational Diabetes Management Program

Gestational diabetes can be managed through changes to diet and exercise habits, and sometimes medication. If you have been diagnosed with gestational diabetes, Women's Health Connecticut offers a convenient telehealth program to help you stay healthy during your pregnancy. The program is facilitated by Ruth Ferrarotti, ANP-BC, APRN, CDCES, a nurse practitioner with extensive experience treating and counseling diabetes patients.

Meet Ruth Ferrarotti, ANP-BC, APRN, CDCES



Ruth has been a Diabetes Educator since 1990. In 1997, she joined the Department of OB/GYN at Hartford Hospital to work with colleagues on the start-up of a diabetes in pregnancy program and continues to provide care at Women's Ambulatory Health Services. In 2000, she became a Nurse Practitioner, further expanding her involvement in the care of women experiencing diabetes during pregnancy.

What can I expect?

You'll receive care through convenient and flexible telehealth sessions over the phone or through video chat on your computer- no need to drive to the office!

Your first session will last 45 minutes. Ruth will get to know you, share educational resources, and answer any questions you may have about gestational diabetes. She'll review your diet and help you plan nutritious and satisfying meals, and she will teach you how to monitor your blood sugar. Ruth may also prescribe treatments or medication if necessary.

Regular follow-up telehealth sessions will help guide you throughout your pregnancy. After you give birth, Ruth will connect with you at 6 weeks post-partum to check in and assist with any additional testing.

How do I sign up for the Women's Health Gestational Diabetes Management Program?

Talk to your doctor, nurse, or midwife! Your Women's Health Connecticut ObGyn provider will refer you to the program.



Visit [womenshealthct.com](https://www.womenshealthct.com)
for resources we trust.