



# Gestational Diabetes Class

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## Learn about:

- What is gestational diabetes?
- What are the risk factors?
- How to have a healthy pregnancy and baby
- How to test your blood sugar
- Blood glucose (sugar) goals for pregnancy
- Meal planning and carbohydrate management
- Pregnancy nutrition and food safety
- Hypoglycemia (low blood sugar) management
- Introduction to medications
- Activity and pregnancy
- How to prevent Type 2 diabetes later in life

## To register:

**Call 402.559.8700**

*continued >*

## Class schedule:

**Fridays, 2 to 3:30 p.m.**

*(English)*

*Persons needing an interpreter will be offered a one-on-one individual visit with a diabetes educator.*

## Billing:

This class is billed as a diabetes education visit.

Please contact your insurance company to inquire about coverage.

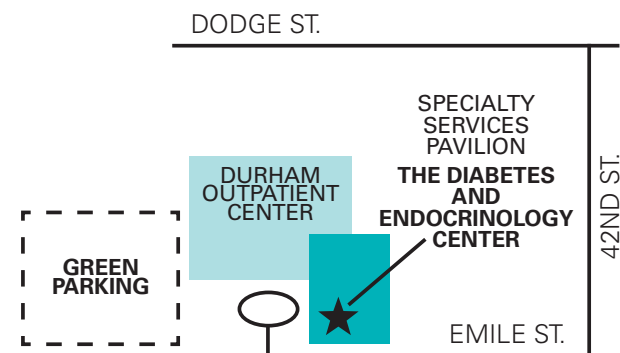
Follow-up appointments are offered for additional support during and after pregnancy.

## Location:

### Diabetes and Endocrinology Center

*Conference room, level one*

The Diabetes and Endocrinology Center is in the Specialty Services Pavilion just east of the Durham Outpatient Center. Please park in the green parking lot.



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