

Gestational Diabetes Education Services

Memorial's Gestational Diabetes Education Services provides information for expectant mothers who have developed diabetes during pregnancy (gestational diabetes) or were diagnosed with diabetes prior to becoming pregnant. In addition to providing the knowledge you need about your condition, our dietitians will work with you to develop a nutritious eating plan that fits your lifestyle and will help you reach your blood glucose goals while helping to ensure your baby maintains healthy growth.

We offer a group class or individual appointment that includes:

- ▶ A general overview of gestational diabetes
- ▶ Diet advice tailored to your individual needs
- ▶ Self-care guidelines for pregnancy including physical activity, recommended screenings and blood glucose monitoring
- ▶ Healthy lifestyle goals to help prevent Type 2 diabetes after giving birth

Our team of certified diabetes educators will work with your doctor to care for you, monitor your health and improve your glucose control.



DEAP

DIABETES EDUCATION ACCREDITATION PROGRAM



Memorial Medical Center ■ 932 N. Rutledge St., 2nd Floor ■ Springfield, IL 62702 ■ (217) 788-3948