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For more information or to make an appointment, please call: (617) 732-4840.

BRIGHAM AND WOMEN'S/FAULKNER HOSPITALS

Member of  PARTNERS HealthCare

BRIGHAM AND
WOMEN'S HOSPITAL



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BRIGHAM AND
WOMEN'S HOSPITAL

PROGRAM FOR DIABETES IN PREGNANCY

*Divisions of Endocrinology
and Maternal-Fetal Medicine*

MARY HARRIGAN CONNORS
CENTER FOR WOMEN'S HEALTH

Planning for a Healthy Pregnancy

The Program for Diabetes in Pregnancy

The Program for Diabetes in Pregnancy consists of a team of doctors, nurses, dietitians and other health care professionals at Brigham and Women's Hospital, who work together to help women with diabetes have healthy pregnancies.

Our doctors include members of the endocrinology and high-risk obstetrics divisions. We combine our efforts to help women with diabetes meet the challenges involved in having a healthy pregnancy. Women with diabetes have individual concerns and may require special care before, during, and after their pregnancies. Today, many women with diabetes are having healthy pregnancies and thriving families. We are here to help.

Planning and Having a Healthy Pregnancy

There are several types of diabetes mellitus. Insulin-dependent (Type 1) or non-insulin dependent (Type 2) diabetes can develop before pregnancy in women of any age. Approximately three to five percent of women have diabetes only during pregnancy. No matter what type of diabetes you have, a healthy pregnancy will require careful planning and special attention to your health prior to and during pregnancy. A healthy baby requires a healthy mother. If you are thinking of having a family, we can advise you in the kind of care that you will require, the risks that may be associated with your particular condition, and how to minimize those risks. If you are already pregnant, we can help ensure that your pregnancy will proceed uneventfully to a happy outcome: a healthy mother and child.

It is important to maintain blood sugars that are normal or close to the normal range prior to and during pregnancy. This allows your baby to form and develop normally. We understand that this may be a daunting task, and will require careful attention to controlling your blood sugars, using meal planning, glucose testing and modification of your diabetes medications.

We have assembled this team of health care professionals to work with you to meet the challenges of managing your diabetes during pregnancy.

We encourage women with diabetes to optimize their diabetes control before getting pregnant and to maintain excellent blood sugars throughout pregnancy. Thus we would like to see you even when you are just considering pregnancy.

While we can provide all your care in our program, we also can work with your own physicians, including your obstetrician, endocrinologist or primary doctor. We have weekly office hours and are available to our patients for phone consultation every day.



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