

FOR IMMEDIATE RELEASE

**Type 1 diabetes: ‘Bumps up’ for having healthy babies**

Women living with diabetes have the same chance as other women of having a healthy baby – if their diabetes is well managed and their general health is good when they become pregnant.

The new NDSS eBooklet “Having a healthy baby” is providing advice and is specifically designed for women living with type 1 diabetes.

Women like Kerryn Ablett need to prepare for and manage their pregnancy much more carefully than others. The 32-year old Warragul woman is living with type 1 diabetes and expecting her second child end of April.

“I am checking my blood glucose levels at least six times every day. When pregnant, I am very sensitive to insulin and the dose adjustment can be very challenging as a consequence”, says Ms Ablett.

Ms Ablett’s diabetes was detected during a routine urine test two years ago when she was pregnant with her firstborn son Jack.

“Back then, my obstetric team assumed that I had developed gestational diabetes – a special form of diabetes during pregnancy which normally disappears after giving birth”, says Ms Ablett. “But after Jack was born my blood glucose levels remained unchanged, finally showing that I actually have type 1 diabetes.”

Today, Ms Ablett feels more confident about managing her diabetes during pregnancy, receiving special support from her diabetes educator and obstetric team. “It is a lot easier this time around. When I was pregnant with Jack I did not know anything about diabetes and felt a bit paranoid about possible complications.”

Type 1 diabetes is an autoimmune condition in which the body destroys insulin-producing cells of the pancreas. The body needs insulin to move blood glucose (sugar) into cells, giving us energy to think, work and play.

“In pregnancy, glucose is the main fuel for the baby’s development,” says Diabetes Australia – Vic CEO Craig Bennett. “When the levels are too high, the baby may grow too fast and potentially cause problems for both the mother and child during and following birth.”

If diabetes is managed well, the risk of developing complications can often be minimised, like in Kerryn Ablett’s case.

The NDSS eBooklet “Having a healthy baby” is available for free download at [ndss.com.au](http://ndss.com.au).

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government that commenced in 1987 and is administered by Diabetes Australia.

*Diabetes Australia – Vic is the leading charity and peak consumer body working to reduce the impact of diabetes.*

***A high-res picture of the Ablett family is available upon request.***

**For more information:**

Lyn Curtis

0411 091 924

[lcurtis@diabetesvic.org.au](mailto:lcurtis@diabetesvic.org.au)

Sybille Taylor

0408 102 344

[staylor@diabetesvic.org.au](mailto:staylor@diabetesvic.org.au)

**[www.diabetesvic.org.au](http://www.diabetesvic.org.au)**