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## Six new languages bring understanding on gestational diabetes

Diabetes Australia – Vic has added six additional languages to a popular gestational diabetes DVD designed to assist women with the condition on International Women’s Day. The languages are Bengali, Farsi, Khmer, Punjabi, Urdu and English.

Titled *Understanding Gestational Diabetes; healthy pregnancy, healthy baby* the DVD is designed to help the one in 20 women who experience gestational diabetes during their pregnancy. One in two women who develop gestational diabetes will go on to develop type 2 diabetes.

In the DVD, then expectant mother Saadia Khan says the DVD can help women understand gestational diabetes and how to manage it. “Having had gestational diabetes I know that I am at higher risk of getting type 2 diabetes in the future and am quite mindful to make good lifestyle choices,” Saadia said.

DA–Vic Chief Executive Craig Bennett says International Women’s Day is an opportunity to focus attention on important women’s health issues like gestational diabetes. “DA–Vic wants all women diagnosed with gestational diabetes to be included on the National Gestational Diabetes Register,” Mr Bennett says.

Women diagnosed with gestational diabetes should be registered so they can receive important health information to minimise their risk of developing type 2 diabetes in the future Mr Bennett says.

The register was established to help women who experience gestational diabetes and assist them manage their health into the future. The register is part of the National Diabetes Service Scheme.

Pregnant women are advised to speak to their health professional, phone 1300 136 588 or visit [www.ndss.com.au](http://www.ndss.com.au) to download a registration form. The DVD is now available from the DA–Vic website in 11 languages, with the original five languages being; Arabic, Cantonese, Mandarin, Turkish and Vietnamese.

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

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