



Sweet Success— the California Diabetes and Pregnancy Program

Diabetes is a complication for as many as 7 to 14% of pregnant women. Such pregnancies are considered high risk and require close monitoring and special care. As an affiliate of Sweet Success, the California Diabetes and Pregnancy Program, Eisenhower Health has put together a specialized team to help women with diabetes manage their pregnancies. The goal is to achieve outcomes similar to those of women whose pregnancies are not considered high risk.

Sweet Success strives to improve maternal and fetal birth outcomes through promotion of health education and disease prevention. The program is intended to:

- Lower the risk of illness and/or death for mothers with diabetes and their babies.
- Reduce the risk of abnormal intrauterine growth patterns and birth defects in the babies of pregnant women with diabetes.
- Promote quality medical management, nutrition and emotional support for women with type 1, type 2 or gestational diabetes.
- Prevent diabetes-related complications during pregnancy.
- Help women with gestational diabetes reduce their chance of developing the condition again during a future pregnancy and/or developing diabetes once they are no longer pregnant.

Eligibility

This program is available to pregnant women with type 1, type 2, or gestational diabetes who are registered to deliver at Eisenhower Family Birth Center. A physician's referral is required to participate.



About Our Program

We work with each woman's referring physician (either OB or Family Medicine) as well as endocrinologists and perinatologists (specialists in high-risk pregnancy care) to help women manage diabetes during pregnancy. We provide services to pregnant women, whether they have type 1, type 2 or gestational diabetes.

Our education and management services include:

- Medical nutrition therapy
- Blood glucose monitoring
- Exercise and activity
- Medication management
- Insulin pump use
- Continuous glucose monitoring
- Diabetes management after delivery

Our Educators

Our Certified Diabetes Care and Education Specialists (CDCES) are either Registered Nurses (RN) or Registered Dietitians (RD).

Types of Diabetes

- **Type 1 diabetes** is a lifelong disease in which the pancreas produces little to no insulin. Type 1 diabetes is not related to or affected by lifestyle. People with this type of diabetes must take insulin.
- **Type 2 diabetes** is the most common form of diabetes. It occurs when the body doesn't make enough insulin or can't use its own insulin effectively, causing glucose to build up in the blood. Type 2 diabetes is often sparked by lifestyle factors such as obesity or diet.
- **Gestational diabetes** is the development of high blood sugar during pregnancy. This typically goes away after delivery but requires treatment while a woman is pregnant.

All three types of diabetes put a pregnancy in the high-risk category, meaning the pregnancy requires special attention and extra monitoring. In addition, women with gestational diabetes are more likely to develop the condition during a subsequent pregnancy. They also have an elevated risk of developing type 2 diabetes later in life.

Family Birth Center
www.eisenhowerhealth.org

For more information call:
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