

# The Birds and the Bees... and Diabetes



## What about having kids someday?

You improve the odds of being ready for a healthy pregnancy someday when you work with your doctor, nurse, or other healthcare provider now to control your diabetes.

## What can I do to keep my diabetes in check?

- ✓ Make healthy food choices
- ✓ Eat the right amounts of food
- ✓ Be active every day
- ✓ Stay at a healthy weight
- ✓ Take your medications and check your blood glucose as recommended by your healthcare provider.



## Tips for avoiding bad glucose levels...

- ✓ Pack snacks (such as cheese and crackers), glucose tablets, and your medications if you are *traveling, at school, driving, or hanging out* with friends or family all day. You'll be prepared if your glucose changes and can still have a good time.
- ✓ *Street drugs and alcohol* don't mix well with your diabetes. They can cause extreme changes in your blood glucose and that might make you forget to check and adjust your insulin.

## It's good to know

- \* Women with diabetes *can* get pregnant.
- \* During pregnancy you may have more highs and lows than normal and will have to check your glucose often.
- \* Having diabetes increases the risk to your baby if your diabetes is poorly controlled. Risks include:
  - birth defects
  - miscarriage
  - premature birth
  - a large baby
  - stillbirth
  - obesity later in life
  - diabetes later in life





## What can I do NOW for myself and my future children?

# 1

### TALK TO YOUR HEALTHCARE PROVIDER...

Lots of things change while you're going through puberty, and your diabetes can be affected. Your healthcare provider can help you figure out the best way to control your diabetes.

# 2

**LEARN TO LIVE WITH YOUR DIABETES...** This means knowing your body and being prepared for highs and lows in your blood glucose levels. Keeping your levels in check helps you look and feel good!

# 3

**PLAN AHEAD...** An unplanned pregnancy doesn't give you and your doctor time to prepare your body for a healthy baby. Use birth control or choose not to have sex until you are ready to have a baby.

## *For More Information...*

### **Tips for Teens with Diabetes**

[http://ndep.nih.gov/diabetes/pubs/Youth\\_Tips\\_Diabetes.pdf](http://ndep.nih.gov/diabetes/pubs/Youth_Tips_Diabetes.pdf)

### **Teens and Diabetes articles**

<http://www.diabetes.org/for-parents-and-kids/for-teens.jsp>

### **DiabeTeens**

<http://www.healthcentral.com/diabeteens>

### **Michigan Genetics Connection**

<http://www.migeneticsconnection.org/teensanddiabetes.shtml>

### **Nemours Foundation: Health Information**

<http://www.nemours.org/e-service/kidshealth.html>

### **WebMD: Diabetes and Pregnancy**

<http://women.webmd.com/pregnancy-diabetes>

