

# Gestational Diabetes Program at Skagit Valley Hospital

Skagit Valley Hospital offers a referral-based program that addresses gestational diabetes self-management skills. In the full program, you can expect to attend a one-hour group class and individual nutrition therapy appointments.

## Why Should I Attend?

Gestational diabetes affects 7-14% of all pregnant women. Without careful control of your blood sugar and weight, gestational diabetes can result in complications for you and your baby. Education is key for the prevention of potential complications, such as:

### For You:

- Difficult delivery
- High blood pressure
- Cesarean section

### For Baby:

- Large birth weight
- Respiratory problems
- Stillbirth (if blood sugar is frequently elevated)

## How Do I Attend?

- Physician referral is required
- Please contact your primary care physician to start the referral process.

## Where and When?

Currently, group classes are held on **Wednesday** evenings from **6 – 7 p.m.** at Skagit Valley Hospital. Upon receipt of a referral, you can expect to be scheduled for a one-hour appointment with a registered dietitian to discuss glucometer testing and nutrition basics prior to attending the group class.

## What is covered in the program?

Controlling your blood glucose can be a complicated issue, and can be influenced by many things. Through our program you will learn more about how to control your blood sugar through:

- Healthy eating
- Managing stress
- Being active
- Blood glucose monitoring

## What is the cost?

Most private insurance plans will cover 10 hours of diabetes education in the first year after diagnosis, with DSHS/Medicaid allowing for up to 6 hours of diabetes education per year.

For more information please contact Skagit Valley Hospital's Outpatient Diabetes Program at **360-814-2184**.

