Why is postpartum follow up important?

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Why is this important? It's important if you've had gestational diabetes it's a signal that you might develop diabetes in the future. And a good percentage of women who've had gestational diabetes, even though the diabetes usually goes away right after the pregnancy, are at higher risk in the following years. Some of that higher risk is because of our genes and we can't necessarily change that. But by eating in a healthier way and by being more physically active, we reduce our chances or we delay having diabetes by a few more years and that's also very helpful.

Many women won't go on to develop diabetes in the future so we mustn't live in fear. But we want to be as healthy as we can. Some of you will go on to have another pregnancy. And by being a little bit more careful and attentive to your physical activity and what you're eating you may lower the chances of having gestational diabetes during your next pregnancy. You may not have it during your next pregnancy and that can make life a lot simpler. But obviously if you're pregnant again you will still try to follow up the healthy eating and physical activity side of things.

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