

# The Diabetes Clinic

For Mothers living with Diabetes  
or developed Diabetes during Pregnancy



**fernandez**

Built for Birthing

Are you living with diabetes? Or did you develop diabetes during pregnancy?

Fernandez Hospital's **Diabetes Clinic** offers a holistic approach to help women with preexisting diabetes and for women who have developed gestational diabetes to have a blissful birthing experience and a healthy baby.



Diabetes before pregnancy or diabetes developed during pregnancy can lead to complications for both the mother and baby. Keeping your blood sugar levels within a normal range will help reduce these risks. Having a good pregnancy plan and getting support from a multidisciplinary team can reduce the risks.

At our **Diabetes Clinic**, you will be given advice and support to monitor your blood sugar, eat healthily and exercise. You will get all your consultations with the specialists on the same day.

## How does the Diabetes Clinic help:

- You will have all your consultations with a multidisciplinary team of specialists in one place on the same day.
- You will be guided throughout your pregnancy to have a healthy outcome for you and the baby.
- Your health will be monitored even after the birth of your baby.

## The Multidisciplinary Team

**The Diabetes Clinic includes:**

- **Obstetricians** – for individualised risk assessments
- **Endocrinologists** –review your medical history and can help you formulate an appropriate treatment plan for your diabetes.
- **Nutritionists** – to help you develop a healthy-eating plan.
- **Physiotherapists** – to create a physical therapy plan to help you manage blood sugar levels and improve your overall health.



## The Diabetes Clinic schedule

A team of healthcare professionals with specialist knowledge and experience of supporting women with diabetes will be available at the clinic.

- Every Wednesday
- 5.30 PM - 7.30 PM
- Fernandez Hospital, Hyderguda

## Have a happy and healthy experience!

To book an appointment or learn more about The Diabetes Clinic,

 Call 80089 02041

