

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**

