One in two women diagnosed with gestational diabetes go on to develop type 2 diabetes later in life. You can help your patients minimise their risk by taking one simple step today. Register them on the National Gestational Diabetes Register. They’ll receive information, advice and regular screening reminders and information to maintain a healthy lifestyle into the future.

About the Register

The National Gestational Diabetes Register is a program within the National Diabetes Services Scheme (NDSS), an Australian Government database administered by Diabetes Australia.

At 30 June 2013, 63,000 women diagnosed with gestational diabetes have been registered with the National Gestational Diabetes Register since its inception in July 2011.

» Health professionals including obstetricians, endocrinologists, GPs and Credentialled Diabetes Educators can register their patients with gestational diabetes.

» Women are requested to provide their GP’s details for the register so that they too receive regular screening reminders for their patient.

» Women will receive important health information including Gestational Diabetes – Caring For Yourself and Your Baby and the Life After Gestational Diabetes booklets.

» The information on the register will not include clinical notes.

How registration will help your patients

Your patients who are registered will:

» receive regular reminders for follow up diabetes screening.

» receive valuable information on how to maintain a healthy lifestyle and minimise the risk of type 2 diabetes.

» be able to access subsidised NDSS products for 12 months from registration, and have access to NDSS support services and programs.

When to register

Women with gestational diabetes should be registered on the National Gestational Diabetes Register on diagnosis. However, they can also be registered before they leave hospital after the birth or at their post natal check-up.

In Australia, at least 20,000 women develop gestational diabetes every year

NDSS Helpline 1300 136 588    www.ndss.com.au

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia.
Key facts

» Gestational diabetes is on the rise, with 10-15% of all pregnant women developing the condition.

» 1 in 2 women who have had gestational diabetes go on to develop type 2 diabetes later in life.

» Type 2 diabetes can have serious and life-changing impacts.

» Early detection through regular screening and a healthy lifestyle can reduce the risk.

» The children of mothers who have had gestational diabetes are more at risk of developing type 2 diabetes.

Want to learn more?

Help your patients with gestational diabetes to minimise the risk of type 2 diabetes by taking one simple step today.

Visit www.ndss.com.au to learn more or to download a registration form.

Reducing the risk

How is the NDSS helping women with gestational diabetes reduce their risk of developing type 2 diabetes?

At time of registration on the National Gestational Diabetes Register

The booklet Gestational Diabetes- Caring for yourself and your baby is received.

After the birth

Life After Gestational Diabetes booklet is received with a reminder letter to visit a GP for a Glucose Tolerance Test (GTT).

Reminders for type 2 diabetes checks

Annual reminders to women to undergo regular diabetes screening and information promoting a healthy lifestyle.