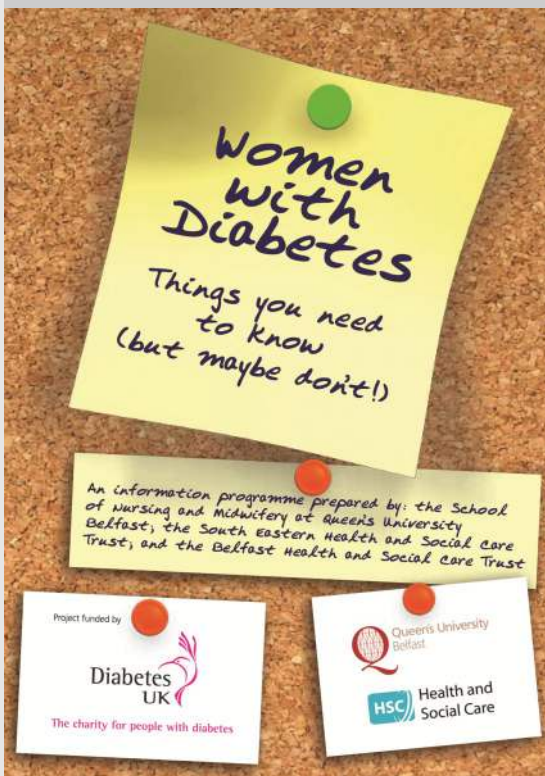


## Women with Diabetes



If you have type 1 or type 2 diabetes you may wish to visit the "Women with Diabetes" website.

Did you know that there are nine things you can do to get your pregnancy off to a healthy start?

Even if a baby is the last thing on your mind, there are 'Things you need to know'.

This website covers contraception for women with diabetes, and includes information on pregnancy related risks, and the ways to minimize them.

<http://go.qub.ac.uk/womenwithdiabetes>

If you're planning to have a baby, or, suspect you may be pregnant please contact your GP or local diabetes care team as soon as possible. Early contact is absolutely essential and can help improve the chances of a healthy pregnancy for you and your baby.

