



Do you have diabetes and thinking about becoming pregnant?

Have you been diagnosed with gestational diabetes?

We're here to help.

The UC Health Diabetes and Pregnancy program is a multi-disciplinary, family-centered inpatient and outpatient program for pregnant women with diabetes. We provide care for women with gestational diabetes mellitus (GDM) and assist patients with pre-existing diabetes (Type 1 and Type 2) who require more intensive management.

Our team of highly skilled physicians, nurses, dietitians and social workers help pregnant women learn how to effectively manage their diabetes. The Diabetes and Pregnancy program provides comprehensive prenatal care and counseling. In addition, the program helps patients and family members better understand how to maintain optimal health.

You may be at risk for developing gestational diabetes if you:

- Have a past history gestational diabetes
- Have family history of diabetes
- Are older than 25
- Are overweight
- Are not physically active
- Are African-American, Asian, Hispanic, Native American, or Pacific Islander



Inpatient Location
University of Cincinnati Medical Center
3200 Goodman Avenue
Cincinnati, Ohio 45219

Outpatient Location
Hoxworth Blood Center Building
3130 Highland Avenue, 1st Floor
Cincinnati, Ohio 45219

(513) 584-5239



**Managing Diabetes for a
Healthy Pregnancy**





A Healthy Pregnancy.

Managing diabetes is key to a healthy pregnancy. Whether you have Type 1 or Type 2 diabetes, or have recently been diagnosed with gestational diabetes, developing and sticking to a plan to control blood sugar levels will help your baby grow healthy and strong.

Our team of experienced maternal-fetal medicine (MFM) physicians, nurse specialists and registered dietitians will guide you through your pregnancy. We will help with meal planning, identify what tools may be best for you, closely monitor your baby's development and much, much more.

We'll give you the tools you need.

We're here to support you before and during your pregnancy with a wide-range of services, including:

Preconception diabetes counseling

If you're thinking about becoming pregnant, now is the time to speak to a doctor. Our team is available to meet with you before you conceive to outline the first steps to a healthy pregnancy.

Nutrition counseling

Our registered dietitians understand the special needs of pregnant women with diabetes. They can help you achieve healthy blood sugar control through daily meal planning, carbohydrate counting, portion control and other educational techniques. They are also available to provide insight on safe and effective exercise regimens.

Insulin pump management

Continuous subcutaneous insulin infusion (CSII) via an insulin pump is a popular method for diabetes management during pregnancy and beyond. We can sit down with you and discuss your options and whether CSII may be right for you.

Personal continuous glucose monitoring

A personal continuous glucose monitor measures blood glucose levels 24 hours a day to help identify links between your meal plan, exercise levels and insulin regimens. This may be a good option to help if your glucose levels fluctuate throughout the day.

Maternal Fetal surveillance

Our Maternal-Fetal Medicine (MFM) physicians provide:

- Genetic counseling
- Genetic screening and testing
- Ultrasonography to assess fetal growth and development
- Fetal birth defect detection
- Fetal echocardiography
- Antenatal testing
- Non-stress testing
- Amniotic fluid index
- Biophysical profile testing

About Our Team

The Diabetes and Pregnancy Program (DAPP) is recognized by the American Association of Diabetes Educators (AADE) and is part of the UC Health Division of Maternal-Fetal Medicine (MFM). The program is staffed by an experienced team of MFM physicians and nurse specialists.

DAPP is under the direction of Arthur T. Evans, MD who is board certified in Obstetrics & Gynecology and the subspecialty of Maternal-Fetal Medicine. Nancy C. Lintner, MS, ACNS, RNC-OB is a board certified clinical nurse specialist who for many years has provided specialized care for diabetes complicating pregnancy. Cheryl D. Herrle, RN/CDE, CPT is a certified diabetes educator and specialist for insulin pump therapy and continuous glucose monitoring solutions.

**For more information, please call
(513) 584-5239**

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