

## [2010 March of Dimes Resources about Diabetes, Preconception and Pregnancy](#)

### **WEB BASED RESOURCES**

**Diabetes in Pregnancy and Preexisting Diabetes** [http://www.marchofdimes.com/pnhec/188\\_1064.asp](http://www.marchofdimes.com/pnhec/188_1064.asp)

Web-based educational resources for both health care professionals and can be recommended for the general population. It is a moderate reading level. It is a simple review for professional and woman with diabetes: pregnancy planning and pregnancy care.

**Diabetes in Pregnancy** [http://www.marchofdimes.com/professionals/14332\\_1197.asp](http://www.marchofdimes.com/professionals/14332_1197.asp)

This web-based page provides general educational information about risks of pregestational and gestational diabetes to the baby in addition to causes, testing, diet and exercise for pregnant women with diabetes, special care after delivery, and resources and references.

**QUICK REFERENCE: FACT SHEETS** <http://www.marchofdimes.com/professionals/14332.asp>

March of Dimes Fact Sheets

March of Dimes fact sheets cover a wide range of preconception, perinatal and genetic topics for consumers. These are also excellent resources for health professionals working with women. Medical experts review each fact sheet before it is posted on the March of Dimes Web site.

**Folic Acid** [http://www.marchofdimes.com/professionals/14332\\_1151.asp](http://www.marchofdimes.com/professionals/14332_1151.asp)

This web based Fact Sheet, under Professionals and Researchers, provided valuable information for both health professionals and the general public about the importance of folic acid for women of child bearing age, the amount of folic acid in food, how it prevents birth defects, other benefits, and additional information and references.

**Teenage Pregnancy** [http://www.marchofdimes.com/professionals/14332\\_1159.asp](http://www.marchofdimes.com/professionals/14332_1159.asp)

The March of Dimes provides recommendations for teenage girls who are pregnant, thinking about a pregnancy, or are pregnant to improve the outcomes for their babies. References are also provided.

**Most Important Health Messages for Patients**

[http://www.marchofdimes.com/professionals/684\\_1356.asp](http://www.marchofdimes.com/professionals/684_1356.asp)

This web page of Professionals and Researchers provides valuable general health information that health professionals and providers can use for all women in addition to those of childbearing age [about being healthy in general and during pregnancy](#). Various links are provided to additional information located on the March of Dimes website.

**Birth Defects** [http://www.marchofdimes.com/professionals/14332\\_1206.asp](http://www.marchofdimes.com/professionals/14332_1206.asp)

This March of Dimes Quick Reference web page for professionals and researchers provides information regarding the causes of birth defects, inheritance of genetic disorders, environmental factors affecting birth defects, metabolic disorders, and the common birth defects.

**MARCH OF DIMES RESOURCES FOR PATIENTS** [HTTP://WWW.MARCHOFDIMES.COM/PROFESSIONALS/684\\_1361.ASP](HTTP://WWW.MARCHOFDIMES.COM/PROFESSIONALS/684_1361.ASP)

These resources are produced by a professional team that includes doctors, nurses and health educators. March of Dimes physicians review all clinical information presented in our materials. The March of Dimes reviews all information regularly to ensure that it is accurate and appropriate. For information about print and audiovisual materials, see their [product catalog and shopping cart](#).

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### CATALOG PRODUCTS

This is the primary website page for the March of Dimes preprinted pamphlets for consumers and educational resources for health care professionals. Their products reflect more than 70 years of experience in promoting healthy behaviors that lead to healthy pregnancies and healthy babies and providing support to parents when a baby is born too soon or when there's a loss. They seek to provide businesses and health care professionals with the consumer and continuing education products they need to improve the health of mothers and babies. <http://www.marchofdimes.com/catalog/>



#### **Your Mommy Years: Living Healthy, Living Smart**

This easy-to-read booklet features information for women who have recently had a baby. Topics include staying healthy after pregnancy, creating a safe and healthy home, going back to work and family planning.

English  
37-2210-07



#### **Are You Ready for a Baby?**

This easy-to-read, seven page booklet helps moms and dads-to-be answer the question, "Are you ready for a baby?" Includes advice on quitting bad habits, taking folic acid and visiting a health care provider.

English Booklet  
09-2385-08

[Also available in Spanish \(09-2115-06\)](#)



#### **Diabetes in Pregnancy Fact Sheet**

This Fact Sheet provides information about diabetes during pregnancy. This Fact Sheet is available while supplies last.

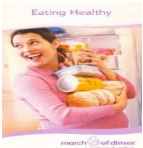
(English) Product# 33-1806-03  
(Spanish) Product # 09-2320-08



#### **Diabetes in Pregnancy 3rd Edition (2004) Health Care Professional Book**

This professional book guides nursing care and education of pregnant women with pregestational diabetes. It addresses nursing management of complications of diabetes in pregnancy, as well as neonatal considerations. There are 5.7 contact hours available for this education.

(English) Product # 33-1806-03



### Eating Healthy Pamphlet

This pamphlet educates women that proper nutrition during pregnancy is vital. It includes tips for healthy eating and guidelines for weight gain and serving sizes.

(English) Product # 09-2304-08

(Spanish) Product # 09-2314-08



### 9 Things to Do Before Getting Pregnant (Wallet Card)

This handy reminder features 9 things a woman can do before pregnancy to help her baby be born healthy. Also includes questions a woman should ask her provider at a preconception checkup.

(English) Product # 09-2207-07

(Spanish) Product # 09-2214-07

## SPANISH LANGUAGE EDUCATIONAL RESOURCES (FOR WOMEN OF CHILDBEARING AGE)

<http://www.marchofdimes.com/catalog/category.aspx?categoryid=164&code=SPANISH+LANGUAGE>

These printed resources, in Spanish, include “9 Things to Do Before Getting Pregnant” (wallet card), “A Parent’s Guide to Newborn Screening” (DVD), “Alcohol and Pregnancy” and “Are You Ready for a Baby” (booklets), “Baby Basics: Your Month by Month Guide to a Healthy Pregnancy” (book), and other valuable resources for the Hispanic population.