

WHAT IS

Gestational Diabetes?

Gestational diabetes is a type of diabetes that occurs during pregnancy and develops when the pancreas is unable to make enough insulin to cover your needs during pregnancy. It can be hard to detect because there are usually no symptoms. Most health care providers recommend screening all pregnant women between 24 and 28 weeks of pregnancy. If you are diagnosed with gestational diabetes, your doctor will refer you for self-management education.



Beaufort Memorial

LifeFit Wellness Outpatient Gestational Diabetes Education:

Our diabetes clinicians will work with you and your doctor to create an individualized care plan that promotes the health of you and your baby. Our staff of registered dietitians and certified diabetes educators is available to answer questions and provide more information at any time during your pregnancy, or immediately after you have given birth. We provide education sessions and support at both our Beaufort and our Okatie locations.



What to expect at your gestational diabetes education sessions:

Individual sessions are designed to help mothers-to-be and their partners or support persons learn together how to manage diabetes during pregnancy.

If you have any questions please call 843-522-5635.

Topics will include:

- Instruction on self-monitoring of blood glucose
- Individualized nutrition counseling
- Insulin instruction, if necessary
- Follow-up appointments as needed

LOCATIONS

LifeFit Wellness Center

990 Ribaut Road
Beaufort, SC 29902

Okatie Medical Pavilion

122 Okatie Center Blvd. North
Suite 200, Okatie, SC 29909



LifeFit

WELLNESS SERVICES

A Beaufort Memorial Program



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

Beaufort Memorial Diabetes Program has been recognized by the American Diabetes Association for Quality Self-Management Education and Support.

Membership Packages for Expecting Mothers!

Combat excessive weight gain and support a healthy pregnancy with exercise!

LifeFit Membership Monthly Fee: \$50

Membership includes:

- Initial evaluation, including a health history packet, cholesterol panel, blood pressure, heart rate and body composition.
- Development and review of program goals along with an exercise prescription
- Unlimited use of the Wellness Center and group fitness classes
- Follow-ups every 6 or 12 months (based on initial evaluation)
- Discounted massage therapy rates
- Ability to put billing on hold for short term
- No contract

For more information, please call 843-522-5635 or stop by and see us at: 990 Ribaut Road Beaufort.