

Maternal Diabetes & Your Baby's Heart

Diabetes during pregnancy is one of many things that can cause heart disease in your baby. High blood sugar (hyperglycemia) can cause changes to your baby's development inside of you. The exact reason is not known. It is important to speak with your doctors and let them know your blood sugar levels.

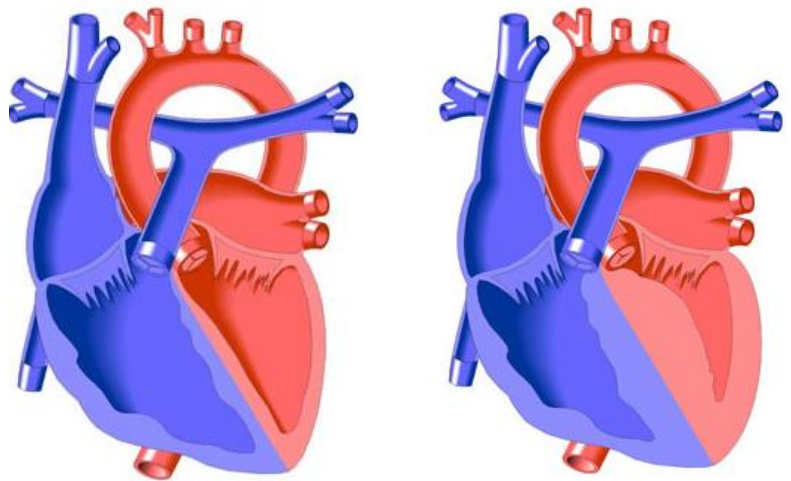
How does diabetes affect your baby?

Abnormal changes to your body, like uncontrolled blood sugar, can cause abnormal changes to your baby. High blood sugar levels early in pregnancy may lead to heart defects in your baby. High blood sugar levels later in pregnancy can cause the baby's heart muscles to thicken. This can lead to disease of the baby's heart that makes it hard to pump blood. High blood sugar levels can also cause babies to grow too large and increases the chance of high birth weight. After the baby is born, their blood sugar levels will help the heart muscles return to normal size. The best way to prevent the baby's heart muscles from becoming thick is to keep your blood sugars under control.

Why is this important?

It is important for you and your baby's health to keep your blood sugar levels normal. If you have questions about diabetes or need help with your blood sugar levels, please contact your doctors.

For questions about your baby's heart health during pregnancy or after birth, please call the Fetal Cardiology Program at the CHLA Heart Institute at (323) 361-8742.



Normal Heart

Thickened Heart Muscle