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# Gestational diabetes mellitus (GDM)

National Diabetes Information Clearinghouse (NDIC)

## Definitions

### Diabetes

Defined by National Diabetes Information Clearinghouse (NDIC)

## Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

A type of [diabetes](#) that develops only during pregnancy and usually disappears upon delivery but increases the mother's risk of developing diabetes later in life. GDM is managed with meal planning, physical activity, and, in some cases, medication.