



GESTATIONAL DIABETES?

DON'T WAIT ANY LONGER,

TALK IT OVER WITH YOUR DOCTOR.

[WWW.ZOETZWANGER.BE](http://WWW.ZOETZWANGER.BE)

## REGISTRATION FORM GESTATIONAL DIABETES

 **zoetzwanger**  
Diabetes Liga

# **GESTATIONAL DIABETES? DON'T WAIT ANY LONGER ...**

In 2009, the Diabetes Liga started a project for women who have (had) gestational diabetes.

## **WHY THE 'ZOET ZWANGER' PROJECT?**

Gestational diabetes is a temporary condition, but demands extra attention even after pregnancy. This is because around half of women with gestational diabetes develop type 2 diabetes after 5 to 10 years.

The sooner diabetes is discovered, the easier it is to treat and the less impact it has on your quality of life.

Waiting for symptoms of diabetes (excessive urination, excessive thirst, fatigue, weight loss) often means that the diagnosis is made years too late and treatment is much more difficult or complications of the disease arise.

**The aim of this project is to ensure that as many women as possible with gestational diabetes take the necessary steps after giving birth to prevent diabetes and detect it well in advance.**

## **HOW CAN WE HELP YOU?**

We offer you the chance to register so that you are reminded to visit your GP for a fasting blood glucose check every year.

After all, your GP is the most appropriate person to keep an eye on you. He or she will be able to monitor your health closely and help you prevent diabetes and detect it in time.

It is important to know that despite your risk, there is a lot you can do yourself to greatly reduce your chances of developing diabetes. You can find out more about this through our information brochure 'What after gestational diabetes?' and by visiting the website **WWW.ZOETZWANGER.BE**.

## HOW DO I REGISTER?

### YOU HAVE TWO OPTIONS:

- by completing the registration form below, tearing it off and returning it to us **signed** using the enclosed envelope.
- by registering online.

## HOW DO I REGISTER ONLINE?

- 1 Scan the QR code with your smartphone or visit **[HTTPS://REGISTRATIE.ZOETZWANGER.BE](https://registratie.zoetzwanger.be)**.
- 2 Fill in all details.
- 3 Please read the terms and conditions carefully and indicate that you agree to them.
- 4 You will shortly receive a confirmation email.



## WHAT HAPPENS NEXT?

You will be notified once you are properly registered. Your GP and diabetes team will also receive a standard email from us notifying them of your participation in the project. We would therefore ask you to fill in their contact details.

- you will receive a letter each year reminding you to visit your GP to have your blood sugar levels checked. We will ask you to provide us with the results of these checks.
- if you wish, you will be able to join 6 free Healthy Food Group sessions a few months after giving birth during which a dietician will coach you on incorporating a healthy and varied diet into your daily life.
- Finally, we offer you the chance to subscribe for free to the magazine 'Gezond en Actief leven' or to the 'Zoet Zwanger' newsletters, which list important things to do to help prevent diabetes.

## NEED MORE INFORMATION?

All the information about the project and about gestational diabetes can also be found on our website **[WWW.ZOETZWANGER.BE](http://www.zoetzwanger.be)**.

# REGISTRATION FORM

(please complete in **BLOCK LETTERS**)

## WOMAN'S DETAILS

surname.....

first name.....

address .....

.....

date of birth (DD/MM/YYYY)..... • .....

email.....

.....

mobile .....

height (in metres).....

weight before the pregnancy (in kg).....

(probable) delivery date (DD/MM/YYYY)

..... • .....

### **DETAILS OF GP (OR STAMP)**

name .....

address .....

.....

### **DETAILS OF DIABETES TEAM (OR STAMP)**

name of (campus) hospital

.....

.....

### **PREFERRED LANGUAGE**

in which language would you like to receive all letters/emails in connection with the 'Zoet Zwanger' project?

Dutch

French

English

Read the information on the back of this form carefully and confirm your participation by signing below.

Signature

Date

.....

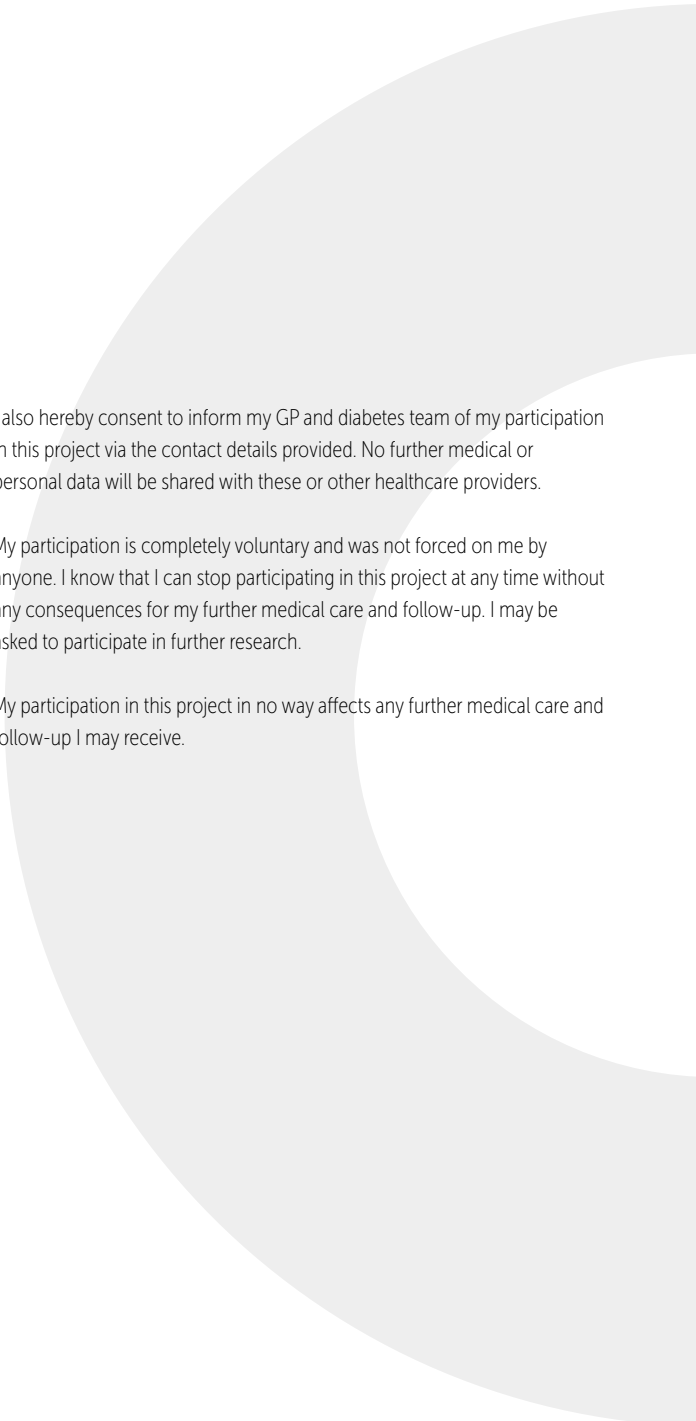
# **INFORMED CONSENT TO REGISTRATION**

I (name).....

.....

hereby confirm my participation in the 'Zoet Zwanger' project.  
I was given the information brochure 'What after Gestational Diabetes?'  
and the project and the benefits of registration were explained to me.  
I understood this explanation fully.

Any data I now provide upon registration or in any further correspondence  
will be held in a secure database and treated confidentially. I consent  
to my data being collected and automatically processed in this way in  
accordance with current privacy legislation. None of the recorded data will  
be communicated to third parties, now or in the future.  
You can review the full Privacy Statement of the Diabetes Liga at any time at  
**WWW.DIABETES.BE/PRIVACY**



I also hereby consent to inform my GP and diabetes team of my participation in this project via the contact details provided. No further medical or personal data will be shared with these or other healthcare providers.

My participation is completely voluntary and was not forced on me by anyone. I know that I can stop participating in this project at any time without any consequences for my further medical care and follow-up. I may be asked to participate in further research.

My participation in this project in no way affects any further medical care and follow-up I may receive.

An initiative of:

