



NAOMI'S STORY

Naomi's journey through motherhood was not an easy one. After experiencing gestational diabetes in her first pregnancy, she knew she had to be extra cautious in her second. Despite passing an early diabetes test, Naomi was hit with the news of gestational diabetes once again at her 28-week check. Managing the condition was a daily struggle, with insulin injections becoming a part of her routine. After her second pregnancy, Naomi was informed that her risk of developing type 2 diabetes and heart disease had increased. But rather than succumbing to fear, she chose to take action. Naomi knew that a healthy lifestyle was the key to reducing her risk, and she wasn't about to let gestational diabetes control her life. With each choice, she reminded herself of the long-term benefits of a healthy lifestyle. The temptation of a sugary drink may be momentary, but the satisfaction of making the right choice lasts much longer. Naomi wants other women who have experienced gestational diabetes to know that taking control of your health is possible. She encourages them not to hide any lifestyle changes they make, but instead, to take pride in their efforts to prioritise their health.