

Pelvic girdle pain can affect one in five women during pregnancy. It can cause mild discomfort for some, and be very debilitating for others. Try to keep your knees together and avoid putting excess strain on one side of the body during daily activities. Examples include getting dressed whilst sitting down, taking stairs one step at a time and using a backpack instead of a handbag. Ask your midwife about seeing a specialist physiotherapist if you're experiencing problems with pelvic pain.

For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/common-pregnancyproblems/
- **Tommy's**
www.tommys.org/pregnancy-information/im-pregnant/earlypregnancy/10-common-pregnancy-complaints
- **Pelvic Obstetric & Gynaecological Physiotherapy**
<http://pogp.csp.org.uk/publications/>

Uncommon complications in pregnancy

Gestational diabetes

Gestational diabetes is high blood sugar that develops during pregnancy and usually disappears after the birth. It occurs when the body cannot produce enough insulin (a hormone responsible for controlling blood sugar levels) to meet the increased demands of pregnancy. Symptoms aren't common, but many women are screened for this condition during pregnancy, particularly if they have certain 'risk factors'. Ask your midwife if you are at risk of developing gestational diabetes and if you need to be tested.

For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/gestational-diabetes/