



# Managing Chronic Disease

Community Training Session

**Presenter's name**

Presenter's title/organization

# Pre-Survey

Welcome to this community training session on managing chronic disease!

Please take two to three minutes to complete this survey.

# Managing Chronic Disease

Think about your health before and during pregnancy...

How might “chronic disease” affect you?

# Today's Learning Objectives

You will be able to:

- Describe chronic diseases (hypertension, diabetes, thyroid disease) by identifying symptoms or risk factors.
- Identify how unmanaged chronic diseases can impact pregnancy.
- Identify various management options.
- Identify available services provided by RHPW sites.

# What is a chronic disease?

- A disease that lasts one year or longer.
- May get worse over time.

About one in four  
people aged 18-44  
have a chronic  
disease.

Examples include:

Heart  
Disease

Diabetes

Depression

High Blood  
Pressure

# Taking care of your chronic disease before and during pregnancy may decrease the risks of:

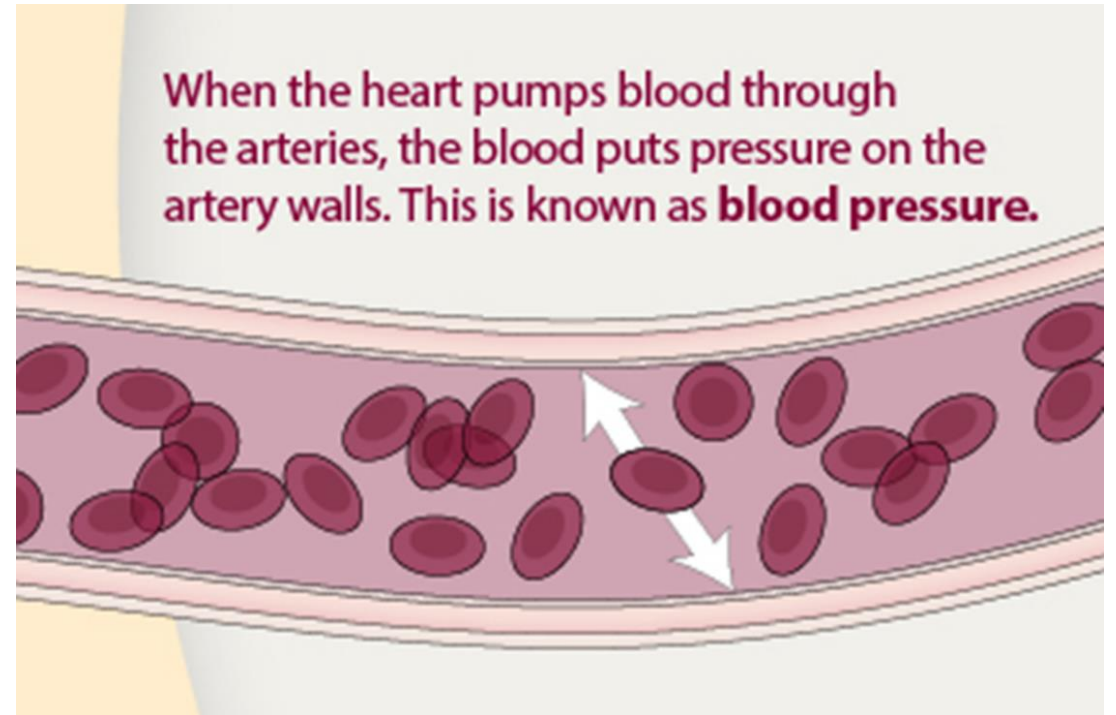
Birth defects

Pregnancy loss

Other problems during pregnancy and childbirth.

# What is high blood pressure?

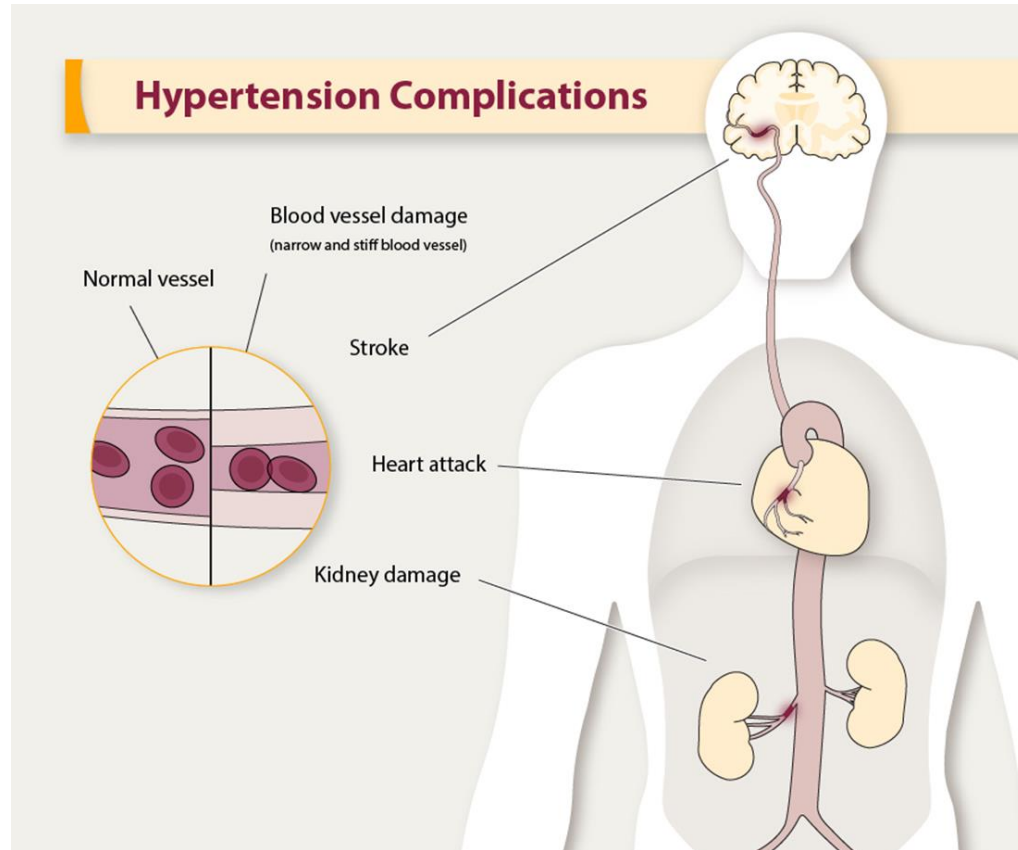
- Also known as hypertension.
- It is when the force of the blood pushing against the walls of your blood vessels is too high.



[Source: CDC.gov.](https://www.cdc.gov/)



# Why is hypertension bad for you?



- Heart attack and heart disease.
- Stroke and brain problems.
- Kidney disease.

Many people might not notice any symptoms at all!

[Source: CDC.gov.](https://www.cdc.gov)



**50%**

About what percent of people have high blood pressure and don't know about it?

## What increases your risk of hypertension?

- Genetics (family history).
- Being overweight or obese.
- Not moving your body enough.
- High-salt diet (like fast food).
- Drinking too much alcohol.
- Tobacco use.
- Older age.



Source: Canva.

**Do you have high  
blood pressure?**

There's only one way  
to find out...

By checking!

**Easy places to get your blood pressure checked:**



**Pharmacy**



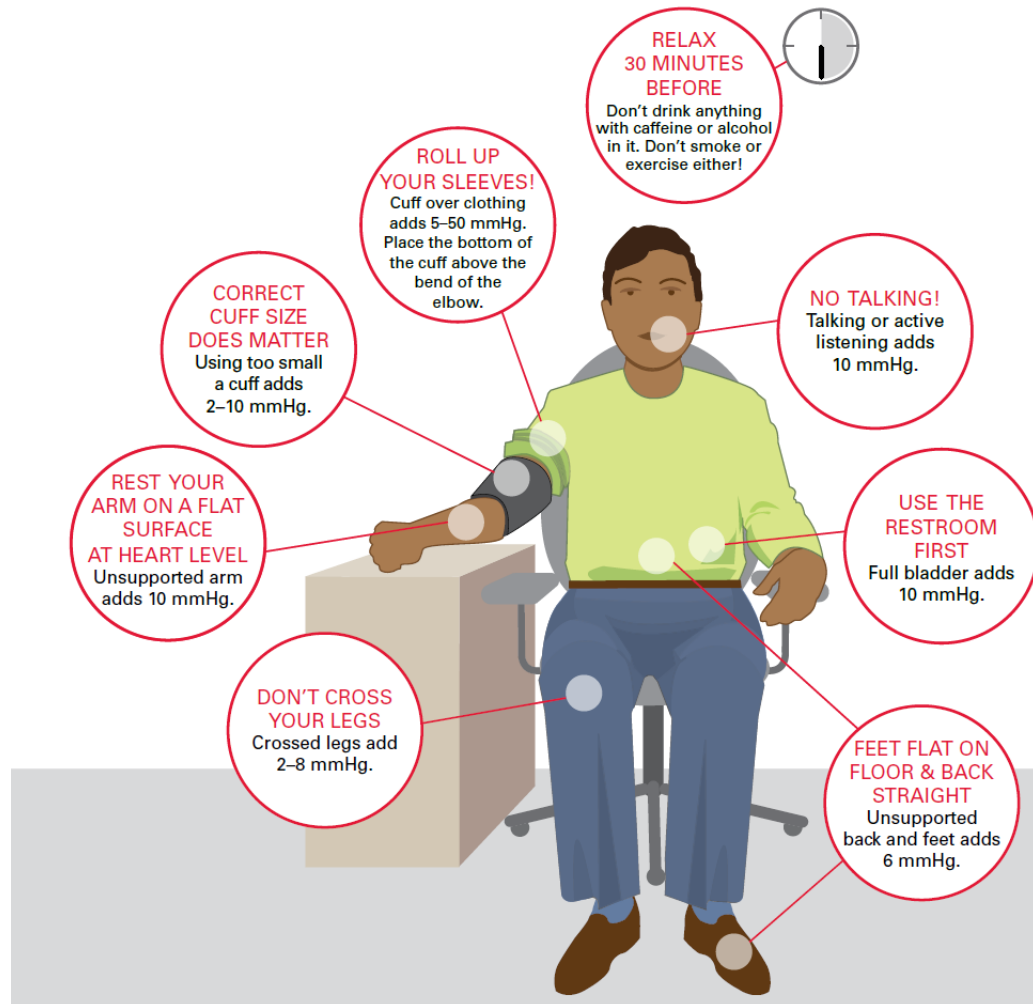
**Doctor's  
office**



**At home with a  
home monitoring  
device**

Source: [CDC.gov](https://www.cdc.gov).

# Reading your blood pressure



- No food or drink 30 minutes beforehand.
- Empty your bladder.
- Check how you're sitting.
- No talking.
- Try to relax!

# How to lower blood pressure

**1**

**Eating better**

**2**

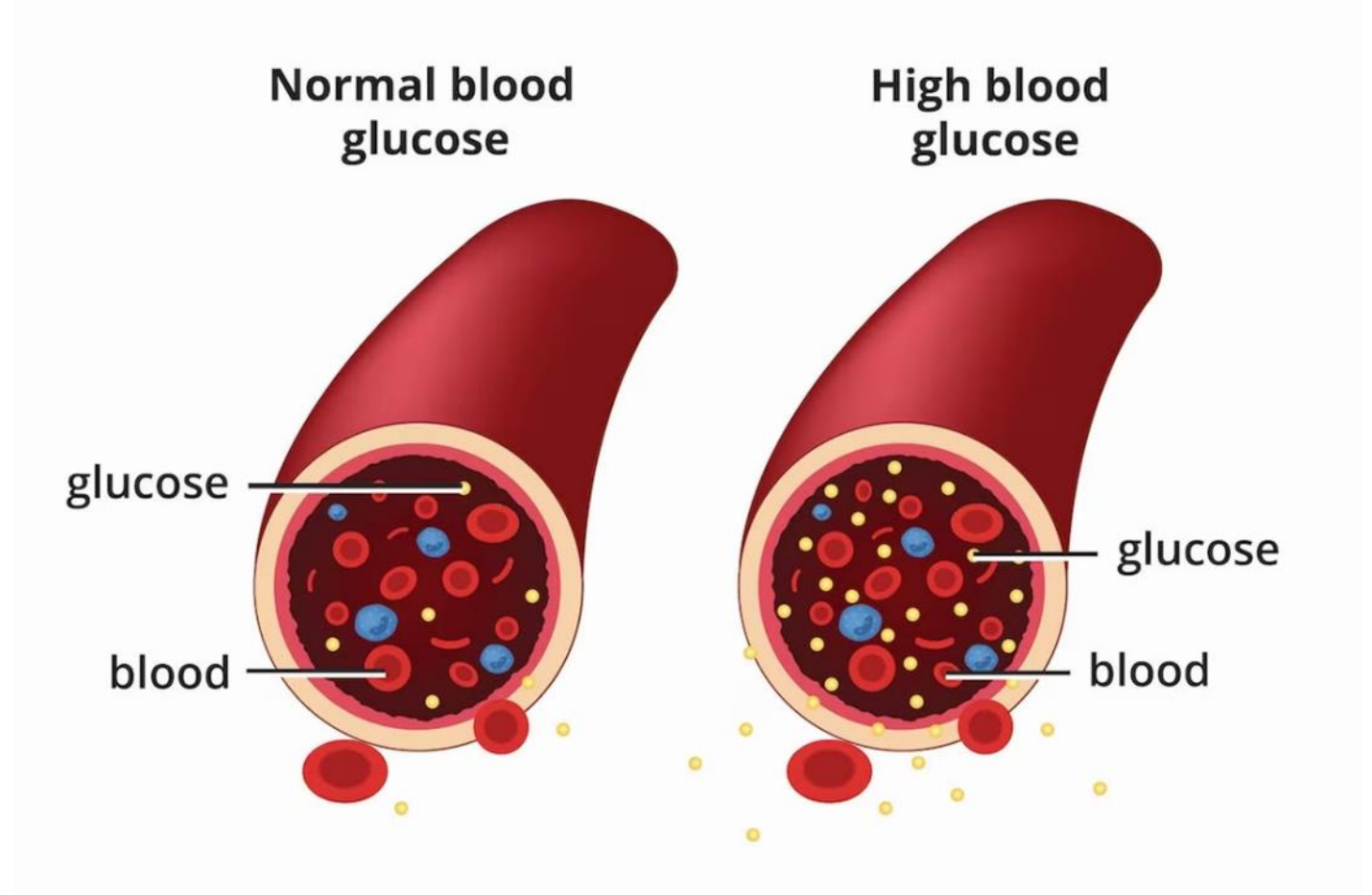
**Quitting  
tobacco/vaping**

**3**

**Moving your body  
more**

## What is diabetes?

It is a chronic disease where your body can't process sugar and starch correctly, so sugar builds up in your blood.



[Source: Niddk.nih.gov.](https://www.niddk.nih.gov)

# Diabetes and pregnancy

- Different types of diabetes.
- Important to see your healthcare provider more often.
- Risks for you and your baby if diabetes is not closely watched:
  - Early birth.
  - Deliver large baby (more than 9 pounds).
  - Baby born with low blood sugar.

Check your blood sugar  
and see your healthcare  
provider more often!



# Diabetes: How do you get it?

- Anybody can get diabetes.
- You are more likely to get diabetes if you:
  - Are overweight or obese.
  - Have a family history of diabetes.
  - Have a diagnosis of pre-diabetes.
  - Are older than 25 and are Black, Indian, Asian, Hispanic, Latino, or Pacific Islander.
  - Delivered a baby over 9 pounds.
  - Had gestational diabetes.



Take the Pre-diabetes Risk Test

- **What is**
- **Gestational**
- **Diabetes?**

## Gestational Diabetes

(GDM) is diabetes diagnosed during the first time during pregnancy, even in people who did not have diabetes before.

# How is a pregnancy with GDM different?

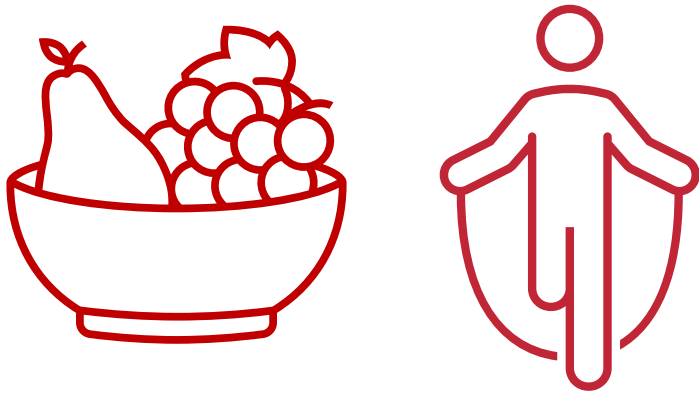


Did you have GDM during pregnancy?

Get tested for Type 2 diabetes after you have your baby (6 to 12 weeks) and during your yearly physical.

# Diabetes: How do you treat it?

## Food choices and physical activity



## Medicine

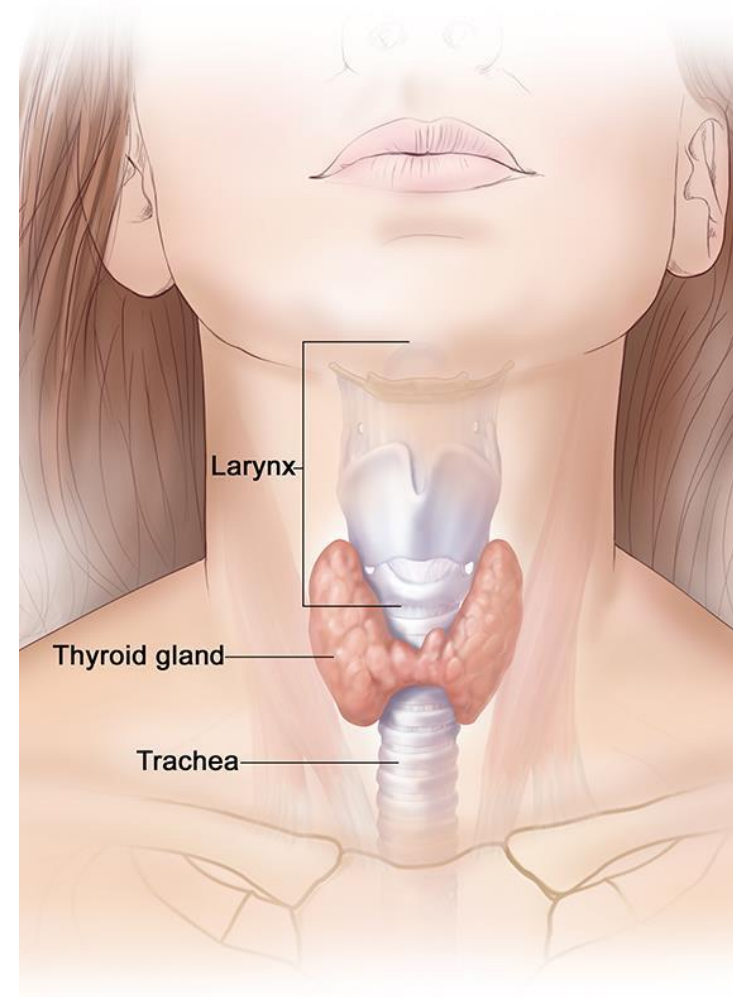


Your healthcare provider will suggest the best options for you.

## What is thyroid disease?

Thyroid disease is a chronic disease that changes how much hormones your body makes.

Hormones help your body work normally.



[Source: CDC.gov.](https://www.cdc.gov)

# What is hyperthyroidism?

When your body makes too many hormones (hyperthyroidism), your body uses more energy than normal.

This can make you feel tired, make your heart beat faster, lose too much weight, or make you feel nervous.

## SYMPTOMS



WEIGHT LOSS



FATIGUE



TACHICARDIA



SWEATING



DIARRHEA



INSOMNIA



TREMOR OF FINGERS



IRRITABILITY



MENSTRUAL CHANGES

[Source: NormanRegional.com.](https://www.normanregional.com)

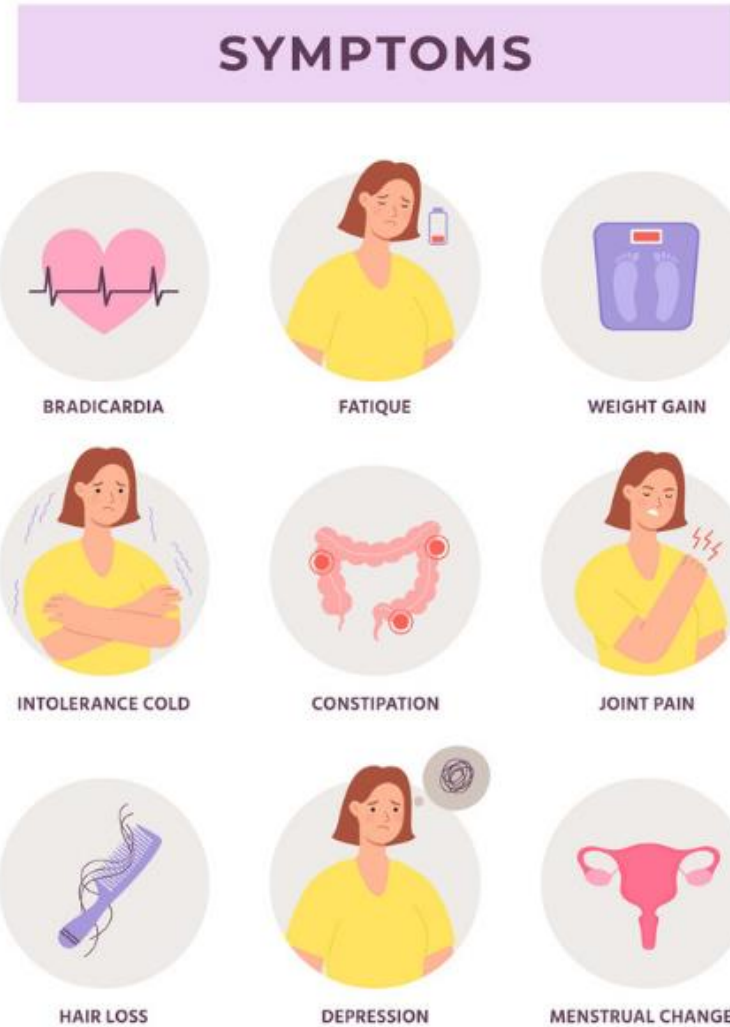


Department of  
Health

# What is hypothyroidism?

Hypothyroidism is when you don't make enough hormones.

You can feel tired, gain weight, or feel cold.



[Source: NormanRegional.com.](https://www.normanregional.com)

## How to manage thyroid disease

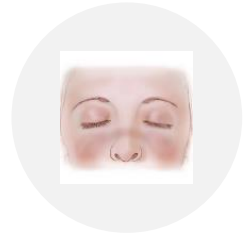
- Regular testing.
- Medicine.
- Change in diet.



Source: Canva.



# What other chronic diseases can impact pregnancy?



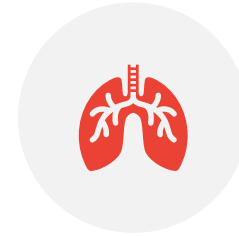
LUPUS



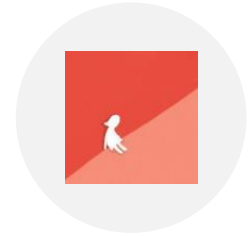
SEIZURE  
DISORDERS



LOW IRON



ASTHMA



DEPRESSION

# Getting ready before pregnancy



Source: Canva.

**See your healthcare  
provider early and  
often.**



Source: Canva.

**Get screened!**

This is the best step  
you can take.



Source: Canva.

Check your chronic  
disease often.



Source: Canva.

# Keep taking your medicine!



Source: Canva.

Do not stop taking any medication before talking to your provider.



# Talk to your obstetric provider

Make a plan together for your pregnancy.



Source: Canva.

## Wrap up

We learned about common chronic diseases that can impact pregnancy.

We talked about how to manage these diseases in preparation for pregnancy.



Source: Canva.



# Services we provide



# Resources

**Family planning clinic locator**



**ODH Resources for Women**



# Community Resources:

Exercise and Nutrition

# Post-evaluation survey

- Thank you for attending this community training session on managing chronic disease!
- Please take two to three minutes to complete this survey.

# Acknowledgement

This presentation was supported by the Health Resources and Services Administration's (HRSA) Maternal and Child Health block grant and Office of Population Affairs' (OASH) Title X Services grant of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA/OASH/HHS, or the U.S. Government.

# QUESTIONS?

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[ODH.OHIO.GOV](http://ODH.OHIO.GOV)



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