

Transition to Adult Program

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The "S" Word

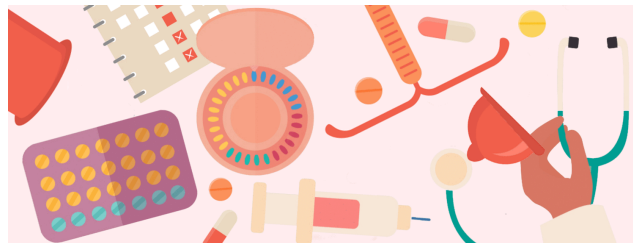
Part of growing up is learning more about your body and the physical changes that happen. The start of this change, called puberty, is when your body goes from being a kid to an adult. After puberty you can get pregnant or get someone pregnant if you have sex.

Why talk about this topic at my DIABETES doctor's office?

Getting or being pregnant when your blood sugars are high can lead to bad things happening like:

- Birth defects
- Miscarriage
- Big baby that is hard to deliver
- Stillbirth

The best way to prevent these things is to get your blood sugars in GOOD control many months before pregnancy and keep them controlled for the whole 9 months. Using some form of birth control will help to prevent pregnancy until you are ready. With all the different choices available, the best thing to do is talk with your primary doctor or gynecologist about which one will be best for you.



Another thing to think about if you are having sex is preventing sexually transmitted infections (STIs). Of the 20 million new cases of STIs diagnosed each year about half of these happen to people between the ages of 15 and 24. The surest way to prevent getting a STI is not to have sex - you need to know it is okay to say no. Proper use of condoms is also a good way to keep from getting STIs.

A word of caution: Avoid mixing alcohol and/or recreational drugs with sex. If you use alcohol and drugs, you are more likely to take risks, like not using a condom or having sex with someone you normally wouldn't have sex with.

For young men only: Erectile dysfunction (ED) is the failure to get and keep an erection for sex. Blood sugars that are high for a long period of time can cause this to happen, making good diabetes control just as important for males as females.