



GESTATIONAL DIABETES

According to the CDC (Centers for Disease Control and Prevention), gestational diabetes is a type of diabetes that first appears during pregnancy in pregnant women who never suffered from this disease. In some women, gestational diabetes can affect them in more than one pregnancy. Your doctor may order the glucose tolerance test or Glycosylated Hemoglobin (HgA1c) between weeks 24 and 28 to detect if you are suffering from gestational diabetes.

Causes

Some of the causes of gestational diabetes are:

- Hormonal changes
- Obesity or overweight
- Excessive weight gain during pregnancy
- Diabetes in an immediate family member
- High blood pressure
- Polycystic ovary syndrome

Symptoms

- Increased thirst
- Urinate more frequently
- Frequent infections
- Blurred vision
- Weight gain

If your gestational diabetes is not controlled, your baby can:



- Born early (premature birth)
- Be too big (weighing more than 9 pounds at birth) which can cause problems during childbirth
- Suffer rapid changes in blood sugar levels after birth
- Have breathing problems
- Be more likely to be obese or overweight in childhood or adolescence
- Be more likely to have diabetes later in life

If you have gestational diabetes, you may:

- Have complications during childbirth
- Increase the chance of having a cesarean birth
- Have preeclampsia
- Develop type 2 Diabetes after pregnancy




Gestational Diabetes

What should I do if I have gestational diabetes?

-  Visit your doctor regularly
-  Check your blood sugar levels regularly or as directed by your doctor
 - The American College of Obstetrics and Gynecology (ACOG) recommends trying to keep blood sugar below these levels:

Before meals	95 mg / dl or less
1 hour after eating	130 mg / dl or less
2 hours after eating	120 mg / dl or less

Your doctor may recommend different blood sugar levels than these. Talk to your doctor so that together you can design an action plan that helps you keep your blood sugar levels under control. Complying with this plan can help you have a healthy pregnancy and a healthy baby.

-  Eat healthy foods. Learn what foods to eat to keep blood sugar levels under control. Consult a nutritionist or diabetes educator.
-  Exercise at least 5 days a week for 30 minutes (consult your doctor).
-  Take medications as ordered by the doctor. You probably need to inject insulin.

Take care of your health after the baby is born

- Gestational diabetes disappears after giving birth, but sometimes it remains.
- Make sure you have the diabetes test after the baby is born and 6 weeks after birth.



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Reference: <https://www.cdc.gov/diabetes/basics/gestational.html>