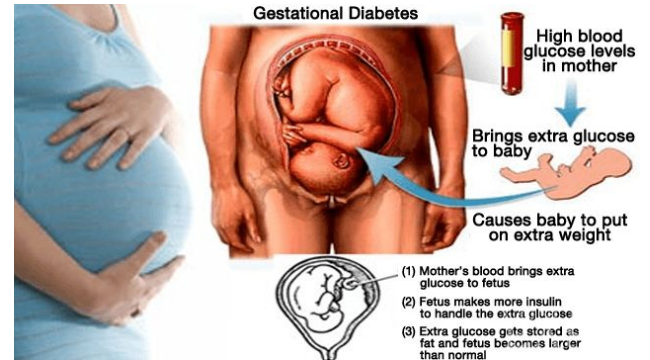


Gestational Diabetes



What is it?

Gestational Diabetes is a diabetes that starts only during pregnancy. It is similar to “regular” diabetes because it disrupts the way that your body uses sugar. Insulin is a hormone that enables glucose in the bloodstream that then enters the cells in the body which is the source of energy. All babies and placentas produce hormones that can make the pregnant mother resistant to the insulin. Some pregnant women cannot produce enough insulin and then their blood sugar rises, the result is gestational diabetes.



What makes people prone to it?

You are more likely to get gestational diabetes if you;

- Are older than 25
- Family health history
- Excess weight
- Ethnicity: Hispanic, Black, American Indian, Asian
- If you had a large baby before or gestational diabetes in a previous pregnancy

What are the effects? (mom and baby)

MOM:

- A higher chance of needing a C-section
- Miscarriage
- High blood pressure or preeclampsia
- Pre-term birth

BABY:

- Injuries during delivery because of their size
- Low blood sugar and mineral levels when they're born
- Jaundice, a treatable condition that makes the skin yellowish
- Pre-term birth
- Temporary breathing problems

How do you treat/avoid it?

Once you are diagnosed with gestational diabetes, you will have to change what you eat and always make sure to check your blood sugar level. By doing those two things, it can reduce the risk of complications with the baby's weight which would make a much more difficult delivery. To treat it the mother needs to have a healthy eating plan, exercise as much as possible. The mother is more likely to have diabetes after having the baby if they had gestational diabetes during the pregnancy.

After Delivery Care

After the delivery, the mom will be encouraged to feed their baby within a half an hour after birth and every two to three hours afterwards to try and stabilize the baby's blood glucose levels. The blood from the baby will be tested to see if the blood glucose level is still low or not. If the baby's level is still low, the baby may need extra help which can include a feeding tube.

After the baby is delivered, the mom may need to receive information about type 2 diabetes and be tested for it because gestational diabetes puts the mom at risk for type 2 diabetes. A healthy diet and exercise after birth can help to avoid type two diabetes.

