

GESTATIONAL DIABETES

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- Gestational Diabetes develops in up to 10% of pregnancies.
 - Diabetes affects your body's ability to use the sugar (glucose) you take in.
 - In **Gestational Diabetes** blood glucose is too high.
 - Usually occurs in the second half of pregnancy

CAUSES

- ⦿ Pregnancy changes how the body uses glucose.
- ⦿ Food is broken down (digested) and sugar (glucose) enters the blood stream.
- ⦿ The Pancreas produces Insulin to help glucose move from the blood stream into the cells where it is used for energy.

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- In pregnancy the placenta produces hormones that effect how insulin works.
 - More glucose stays in your blood and crosses the placenta.

RISK FACTORS

- Age > 25
- Personal or family History of Diabetes
- Being Overweight
- Nonwhite race (Asian Hispanic, Black, Indian)

COMPLICATIONS

- ◎ Most women with **Gestational Diabetes** deliver healthy babies.
- ◎ **Gestational Diabetes** that is not carefully managed can lead to high blood glucose levels that can cause problems for both **YOU & YOUR BABY.**

COMPLICATIONS FOR BABY

- Excessive Birth Weight
- Preterm Delivery
- Respiratory Distress Syndrome
- Low Blood Sugar
- Type 2 Diabetes Later in Life

COMPLICATIONS FOR MOM

- High Blood Pressure, Preeclampsia & Eclampsia
- Up to a 30% chance of developing **Diabetes** later in life

TREATMENT

- It is very important to monitor & control blood glucose to keep your baby healthy & avoid complications during pregnancy and delivery.

TESTING YOUR BLOOD SUGAR

- ◎ You will be asked to test your blood sugar 4 times each day;
- ✓ **FASTING** first thing in the morning before you eat anything.
- ✓ ****It is NOT necessary to fast for prolonged periods****
- ✓ **2** hours after breakfast
- ✓ **2** hours after lunch
- ✓ **2** hours after dinner

GLUCOSE GOALS

- ⦿ FASTING less than 95
- ⦿ Two Hours after a meal less than 120

HEALTHY DIET

- ⦿ Eating healthy is the best way to control your blood sugar
- ⦿ A healthy diet include **LOTS** of fruits, vegetables, & whole grains
- ⦿ The American Diabetes Association has a helpful website
- ⦿ A healthy diet may eliminate the need for medication

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- Exercise helps to move glucose into your cells and out of the blood stream.
 - It is recommended that women with Gestational Diabetes exercise for 30 minutes each day
 - Walking, cycling and swimming are good choices during pregnancy

MEDICATION

- ⦿ If you are not able to control your blood sugar with diet & exercise you may need medication.
- ⦿ Glyburide is an oral medication
- ⦿ Insulin is an injection you give yourself