



Gestational Diabetes

Gestational diabetes is a form of diabetes that affects only pregnant women and usually resolves once the baby is born. It occurs when a pregnant woman's body has difficulty producing enough insulin to regulate glucose (sugar) in the blood. It occurs in about 4-14% of all pregnancies, and if left untreated, it can lead to serious health complications for both mother and baby.

Causes

One of the leading causes of gestational diabetes is obesity. Women who gain excessive weight during pregnancy put themselves at a higher risk for gestational diabetes. Factors such as having a family history of diabetes, being of certain ethnicities, having had gestational diabetes before, and having high blood pressure increase the chances of being diagnosed.

Symptoms

Common symptoms of gestational diabetes include excessive thirst, frequent urination, fatigue, nausea, and blurred vision. Women who experience these symptoms should contact their healthcare practitioner immediately.

Diagnosis

To diagnose gestational diabetes, healthcare providers typically perform a glucose tolerance test. A pregnant woman will be asked to drink a glucose solution, and her blood glucose (sugar) levels will be measured. If her levels remain high after an hour, she may be diagnosed with gestational diabetes.

Treatment

Treating gestational diabetes generally involves a properly planned diet and regular exercise (aerobic and strength training). Eating well-balanced meals low in sugar, fat, and empty calories and eating small, frequent meals throughout the day is essential. Getting enough sleep and drinking lots of water are also important for people with gestational diabetes. Women with gestational diabetes must often check their blood glucose (sugar) levels. If diet and exercise are insufficient, medications such as insulin may be prescribed. Pregnant Women taking medication should be monitored by their doctor to ensure they remain healthy.

Conclusion

Gestational diabetes is a serious condition; if left untreated, it can have potentially serious consequences for both the mother and baby. It is essential to talk to your doctor if you experience any symptoms of gestational diabetes, follow instructions, and take any prescribed medications correctly.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.