Gestational Diabetes…… Now What??

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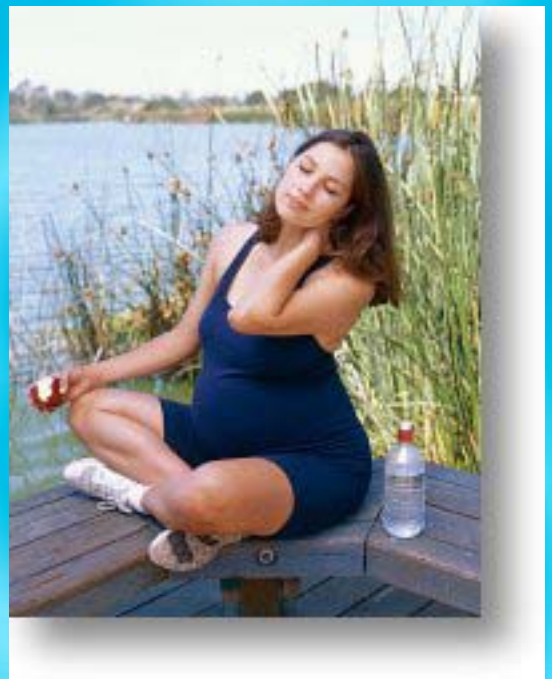
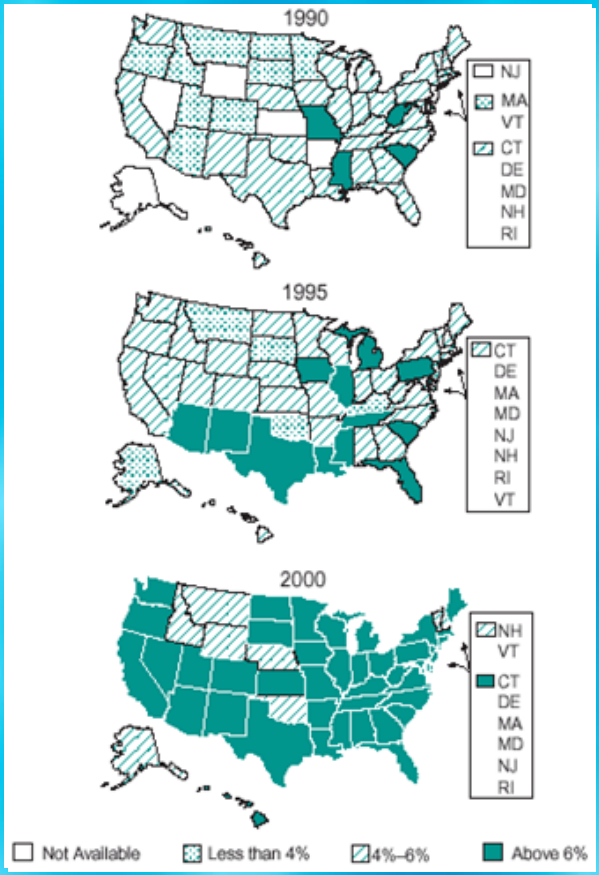
What is Gestational Diabetes?

Gestational Diabetes is a type of diabetes, or high blood sugar, that occurs in pregnant women who have never had



The Incidence of Gestational Diabetes is rising and affects 3-10% of all pregnancies



Why Do Some Women Develop Gestational Diabetes?

Your body normally makes a hormone called insulin that moves glucose out of the blood and into the cells of the body. Women with gestational diabetes develop resistance to insulin and cannot move glucose into the cells. This causes the Blood Sugar level to remain too high.

Who's at Risk for Gestational Diabetes?

- Women over 25 years of age
- Women who are overweight
- Women with a family history of Diabetes
- Women who are members of high risk ethnic groups (Hispanic, African American, Native American)
- Women who've had a past stillbirth or a very large baby (over 9 lbs)

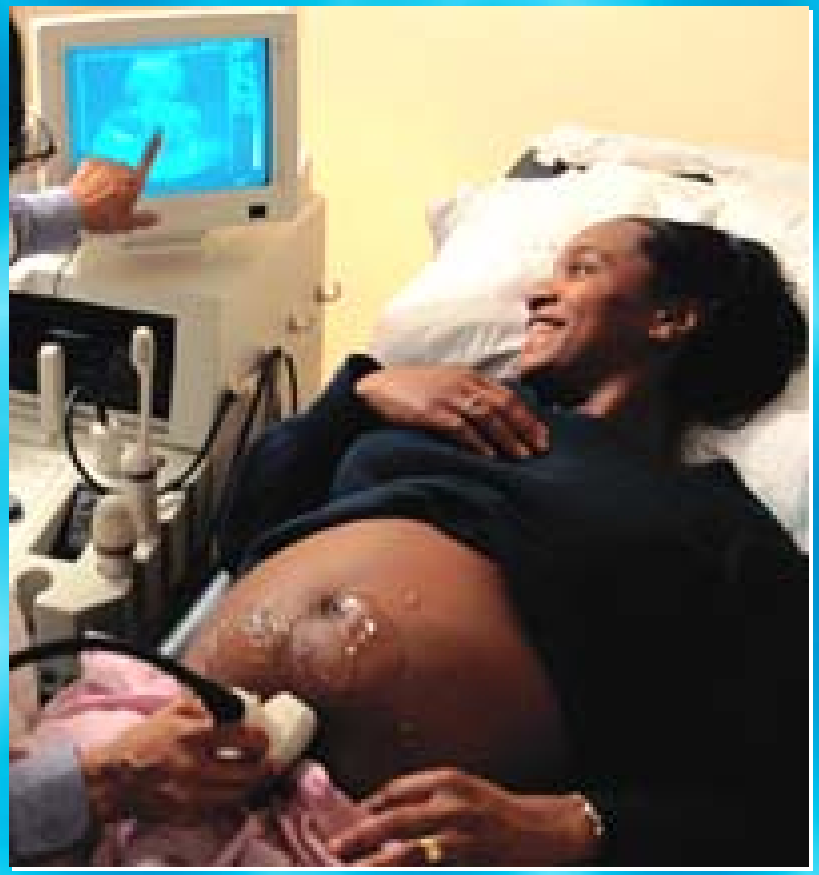
How to Know If I Have Gestational Diabetes?

- Visit Your Doctor!! All pregnant patients are screened for Gestational Diabetes between 24 and 28 weeks.
- Since there are usually no symptoms in the mother, it is important to undergo a simple and painless test to protect you and your baby from potential harms of Gestational Diabetes.

Potential Risks of Untreated Gestational Diabetes

Risks For Mom:

- Preterm labor
- C-Section
- Developing High blood pressure
- Developing Type II Diabetes later in life.



Potential Risks of Untreated Gestational Diabetes

Risks For Baby:

- Stillbirth
- Birth Defects
- Respiratory Distress Syndrome
- Becoming obese as children or adults
- Developing Diabetes

Treatment for Gestational Diabetes

Treatment is aimed at keeping your blood sugar levels normal. To do this:

- Work with your doctor or nurse to manage blood sugar levels
- Check blood sugar levels as instructed
- Eat a balanced diet without skipping meals
- Exercise some each day of the week
- Drink plenty of water
- Inject insulin if blood sugar remains elevated

For more Information on Gestational Diabetes Please Contact:

- Diabetes Education Center
  W. Meeting St., Lancaster, SC 29720
- NICHD Information Resource Center
  P.O. Box 3006, Rockville, MD 20847
  1-800-370-2943, www.nichd.nih.gov
- American Diabetes Association,
  www.ada.org

Type II Diabetes is on the Rise

- Diabetes is on the Rise Nation-wide
- SC has the second highest number of diabetics in the country per capita.

Factors That Increase Risk of Type II DM

<u>Unpreventable</u>

Older Age, Family Members with DM, Member of minority race

<u>Preventable</u>

Smoking, inactive lifestyle, diets high in fats

Diabetes Risk Can be Decreased!!

- Maintaining an active lifestyle

- Developing healthy eating habits.
  - increase fiber,

Local Health/Fitness Centers

- USCL's Gregory Fitness Center
- Curves for Women
- Island Fitness and Tanning Salon
- Tad's Gym