

What is it?

Condition in which there is too much sugar in the blood during gestational period.

This is the most common medical complication of pregnancy.

Happens in the second trimester and it is usually asymptomatic.

Many women that develop this condition may have prior undiagnosed hyperglycemia.

Approximately 60% of women with history of GD will develop Type 2 Diabetes later in life.

Gestational Diabetes



Potential Complications

Children born from mothers with GD have almost double the risk of developing childhood obesity.

Other potential risks include:

- Preeclampsia
- Preterm birth
- Fetal overgrowth
- Stillbirth

According to the USPSTF:



5.8% to 9.2%
of all pregnant women develop gestational diabetes.

Healio

Risk Factors

Some of the factors that may increase the risk include:

- Advanced maternal age.
- High blood pressure or heart disease.
- Being overweight or obese before pregnancy.
- Having immediate family member with diabetes.

Prevention

Your health care provider can check your risk factors along with your overall wellness.

The complications of gestational diabetes are usually manageable and preventable.

Focusing on losing weight and getting regular physical activity before pregnancy is essential.

Healthy Diet Reduces Gestational Diabetes

Following a healthy diet during early pregnancy can lower the risk of obesity and gestational diabetes



Treatment

What can you do to help control GD during pregnancy?

- Eat healthy
- Exercise regularly
- Take medication (if needed)

Focus is on keeping blood glucose levels in the normal range.

Seek health care early!

Proper management is crucial to a healthy pregnancy and baby.

References:

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