



Medical Blueprints

GESTATIONAL DIABETES IS SKYROCKETING! REPORT #2719

BACKGROUND: Diabetes means your blood glucose, also called blood sugar, is too high. Too much glucose in your blood is not good. Gestational diabetes is a type of diabetes that develops during pregnancy. It is usually diagnosed in the 24th to 28th week of pregnancy. If a pregnant mother has gestational diabetes, they are more likely to develop preeclampsia, which is high blood pressure and too much protein in your urine during the second half of pregnancy. Preeclampsia can cause serious or life-threatening problems and the only cure is to give birth. Gestational diabetes may increase the chance of having a c-section because your baby may be large. If a mother has gestational diabetes, they are more likely to develop type 2 diabetes later in life. (Source: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational/definition-facts>)

DIAGNOSIS AND MANAGEMENT: Most women with gestational diabetes have no obvious symptoms, while some experience extreme hunger, thirst, or fatigue. These symptoms are common during typical pregnancies, therefore Dr. Tania Esakoff, clinical director of the Prenatal Diagnosis Center, suggests it's essential to get proper screening. "We have patients who take care of themselves, are in excellent shape, watch their diet, and they still get it," says Dr. Esakoff. "So you should definitely get tested around 24-28 weeks." Tests include a 1-hour glucose tolerance test, and if it's positive, a follow-up 3-hour test to confirm the diagnosis. Keeping active is important and keeps you and the baby healthy and minimizes weight gain. Women who are overweight or obese are more likely to develop gestational diabetes. It is recommended consulting a diabetic nurse educator, dietitian, or doctor to find a way of eating that works for you. "Controlling gestational diabetes is about finding a correct balance of protein, fats, and carbs," Dr. Esakoff explains. Some women also need medication or insulin injections.

(Source: <https://www.cedars-sinai.org/blog/gestational-diabetes.html>)

DIETARY RECOMMENDATIONS: One way of keeping blood sugar levels in normal range is by monitoring the amount of carbohydrates in your diet. These foods digest and

turn into blood glucose (a type of sugar). Glucose in the blood is necessary because it is fuel for your body and nourishment your baby receives from you. The two most important pieces of information on food labels for a carbohydrate-controlled diet is the serving size and grams of total carbohydrate in each serving. Eating too much at one time can cause your blood sugar to rise too much, so it's important that you do not skip meals. Starchy foods eventually turn into glucose so it's important not to be excessive. Milk is a healthy food and an important source of calcium, but too much is not good. Fruit is high in natural sugars and it's recommended to eat one to three portions of fruit per day, but only one at a time. Blood sugar can be difficult to control in the morning, so refined cereals, fruits and even milk may not be well tolerated. Cakes, cookies, candies and pastries have excessive amounts of carbohydrates and contain large amounts of fat and offer very little in terms of nutrition. Finally, avoid all regular sodas and sugar-sweetened beverages.

(Source: <https://www.ucsfhealth.org/education/dietary-recommendations-for-gestational-diabetes>)

For More Information, Contact:

Caroline Isemann, Public Relations
Caroline.Isemann@womans.org
(514) 909-8359

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