

GESTATIONAL DIABETES



Diabetes occurs when the body does not produce enough insulin or cannot use insulin properly. Gestational diabetes is a form of diabetes that occurs when women are pregnant and usually begins between weeks 24 to 28 during pregnancy.

HOW DO I KNOW IF I AM AT RISK FOR GESTATIONAL DIABETES?

- Having had gestational diabetes during a previous pregnancy or a family history of diabetes.
- Delivering a baby that weighed more than 9 pounds at birth.
- If you are over 25 years old.
- Being overweight or obese.
- Being on HIV treatment.
- Having prediabetes or a hormonal disorder called polycystic ovary syndrome.

HOW DO I KNOW IF I HAVE GESTATIONAL DIABETES?

A woman is given an oral glucose tolerance test between 24 and 28 weeks of pregnancy for diabetes screening. If you have any reason for concern, your doctor may test you before this period.

WHY IS GESTATIONAL DIABETES A PROBLEM?

For mom:

- Increases the risk of type 2 diabetes.
- Increases chance of having a large baby (9 pounds or more) causing discomfort during the last months of pregnancy and the need for a cesarean section.
- Preeclampsia (dangerously high blood pressure)
- Premature delivery.
- Possible miscarriage or stillbirth.

For the baby:

- A large baby may suffer some type of damage during delivery.

- Baby may be born with low blood glucose (sugar).
- Excess amniotic fluid around the baby.
- High probability of having breathing difficulties and jaundice (yellowish skin) at birth.

WHAT CARE SHOULD I TAKE DURING PREGNANCY IF I HAVE GESTATIONAL DIABETES?

- Attend all your prenatal appointments.
- Follow your doctor's recommendations to keep your blood glucose (sugar) level under control.
- Be physically active.
- Select healthy foods.
- Visit a dietitian-nutritionist or diabetes expert.

WHAT CAN I DO AFTER MY PREGNANCY TO REDUCE MY CHANCES OF DEVELOPING TYPE 2 DIABETES?

- See your doctor for a blood sugar test between 6 and 12 weeks after your baby is born and then every 1 to 3 years.
- Maintain a healthy weight by being physically active.
- Visit a dietitian-nutritionist or diabetes expert to learn how to prevent type 2 diabetes.

WILL I BE ABLE TO BREASTFEED MY BABY IF I HAVE DIABETES?

Yes, but mothers with diabetes should have their glucose levels controlled during breastfeeding. Some research has found that high glucose levels in the mother may be present in breast milk as sugar. This can cause constant food seeking in the baby and hypoglycemia.



For more information, please call the Clinical Management Unit at **787-706-2552** or commercialclinicalmanagement@ssspr.com.



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