

Gestational Diabetes



Gestational diabetes is a type of diabetes that can develop during pregnancy. It is usually diagnosed between 24 and 28 weeks of pregnancy. Having diabetes means that your blood sugar levels are too high, which can affect your health and the health of your baby. Controlling gestational diabetes can help you and will help your baby stay healthy during pregnancy.

What causes gestational diabetes?

During pregnancy, the body produces more hormones and undergoes other changes, such as weight gain. These changes cause the body's cells to use insulin less efficiently. Insulin is a hormone produced in the pancreas that helps the body convert glucose into energy and control blood glucose levels. When insulin is not used by the body effectively, it is known as insulin resistance.

Insulin resistance increases the body's need for insulin. However, during gestational diabetes, the body does not produce enough insulin.

What increases the chance of having gestational diabetes?

- Being overweight.
- Having previously had gestational diabetes.
- Family history of type 2 diabetes.
- Have prediabetes.
- Have polycystic ovary syndrome.



How can diabetes affect the baby?

- Premature birth.
- Being overweight at birth.
- Have low blood sugar levels after birth.
- Respiratory problems.
- More likely to be overweight.
- Greater chance of developing type 2 diabetes.



How can gestational diabetes affect pregnant women?

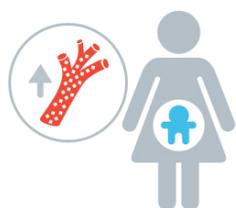
- Increased risk of developing preeclampsia.
- Risk of spontaneous abortion.
- Increases the chance of having a cesarean delivery.
- Greater chance of getting type 2 diabetes later on.

What are the symptoms?

Gestational diabetes usually has no symptoms. However, some of the symptoms may include being thirstier than usual or having to urinate more often.



How is gestational diabetes diagnosed?



It is diagnosed by a blood test. You may have your blood glucose tested. If the blood glucose level is too high, a 3-hour glucose tolerance test will be done.

How to control gestational diabetes?

Many women with gestational diabetes can control their blood glucose levels by following a healthy eating plan and being physically active. Some may need to use medication. Insulin will not harm the baby and is usually the first treatment option for the condition.



What happens after delivery?

After delivery the insulin will be withdrawn. In 90% of cases, blood glucose returns to normal, and the doctor will order tests within 6-12 weeks after delivery. Women with gestational diabetes should be checked at least every 1 to 3 years to rule out type 2 diabetes.

How to prevent gestational diabetes?

- If you are overweight before pregnancy, losing weight can help prevent gestational diabetes.
- Before and during pregnancy, get adequate physical activity and follow a healthy eating plan.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with the emotional and physical concerns that arise during and after the gestational diabetes, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

(2022)<https://www.mayoclinic.org/es-es/diseases-conditions/gestational-diabetes/symptoms-causes/syc-20355339>

(2022)<https://diabetesmadrid.org/que-es-la-diabetes-gestacional/>

(2022)<https://medlineplus.gov/spanish/ency/article/007562.htm>

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