

Gestational Diabetes & Pregnancy

Gestational diabetes is diabetes that starts when you are pregnant. When you are healthy, your body makes a hormone called insulin, which moves glucose (sugar in the food that you eat) from your blood to the cells in your body to give you energy. When there is not enough insulin, your body is thrown off balance and blood sugar levels go up, which can lead to diabetes. For most women, their blood sugar levels go back to normal after giving birth, but many women with gestational diabetes end up getting type 2 diabetes within 5-10 years. Gestational diabetes can lead to many health problems for both you and your baby. This is why you should see your doctor often and live a healthy life!



You may be at risk of getting gestational diabetes if you:

- are older than 35
- are overweight when you are pregnant
- have high blood pressure
- are Aboriginal, Hispanic, Asian, African
- know someone in your family who has had diabetes
- have sugar in your pee when you visit your doctor
- gave birth to a baby that weighed more than 9 pounds
- have had a miscarriage/stillbirth
- have had gestational diabetes before

Symptoms are mild or may not occur at all. But, you may:

- have blurred vision
- feel tired
- have frequent infections
- feel thirstier and need to pee more often
- feel nauseous and vomit
- lose weight, even though you are eating more

Gestational diabetes can lead to many health problems for both you and your baby. You may have a larger baby at birth, which can lead to birth injury or you may need to get a c-section. If you do not treat it, there is a higher risk of your baby dying. Also, mothers have an increased risk for high blood pressure and may get diabetes later on in life.

The best way to avoid all these problems is to prevent gestational diabetes in the first place! To do that, you need to stay healthy and see your doctor for routine check ups. During your 24th and 28th weeks, you should get tested for diabetes, that way you can start making changes towards a healthy baby and a healthy you!

If you do get gestational diabetes, you need to keep your blood sugar levels within normal limits. Eating healthy foods and being active can help you do that! If your blood sugar levels are still too high, your doctor can give you more ways to manage them.