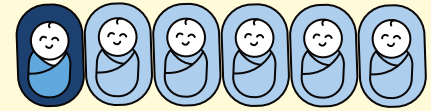


Gestational Diabetes Mellitus

- ◆ Diabetes is a long-lasting condition in which sugar is not converted to glucose. It happens when body resists the effect of insulin
- ◆ In gestational diabetes, the blood sugar (glucose) level increases during the gestation period (pregnancy) and after giving birth to the baby, it disappears



- ◆ Globally, 1 in 6 live births is affected by hyperglycemia in pregnancy, 84% of which have gestational diabetes



- ◆ In the Middle East and North African region 1 in 9 live births are affected by hyperglycemia in pregnancy

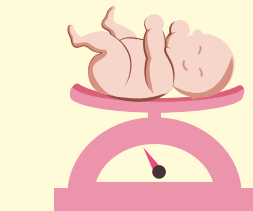
Risk factors



Age
(≥ 25 years)

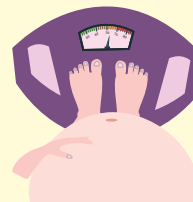


High blood pressure



Baby weight (≥ 5 kg in last pregnancy)

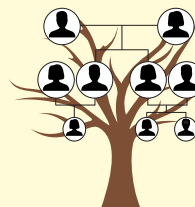
Overweight/
BMI (≥ 30)



Race



Medical history of previous pregnancy



Family history of diabetes

Symptoms



Blurred vision

Feeling tired



Increased thirst



Increased hunger



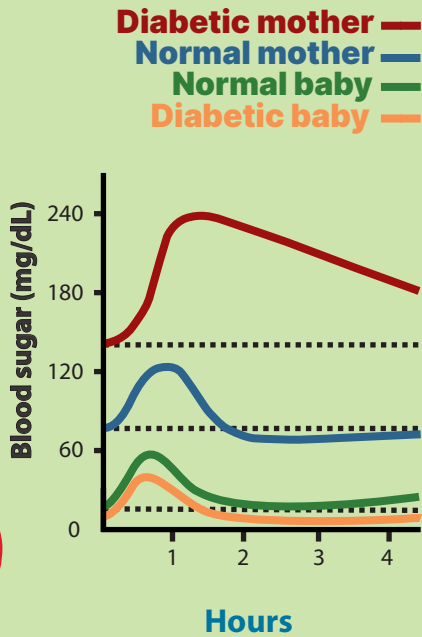
Frequent urination



Investigations



- Fasting
- Postprandial
- Random



Blood sugar testing

Oral glucose tolerance test

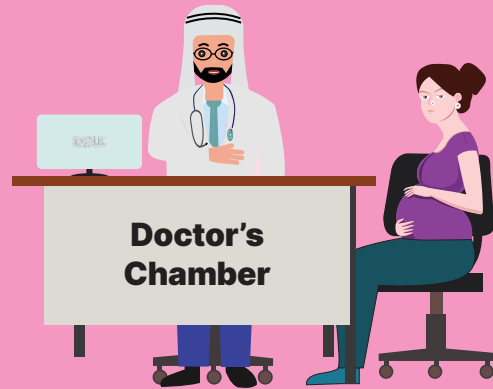
Management



Regular exercise



Balanced diet



Doctor's Chamber



Follow your doctor's advice for best treatment



Gestational diabetes will not affect you and your baby if managed well. Maintain a healthy lifestyle and consult your doctor.

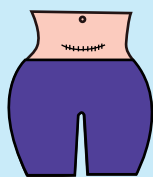
Complications

Mother

Baby



High blood pressure or preeclampsia



Cesarean section / injury in case of large baby



Injuries due to large size



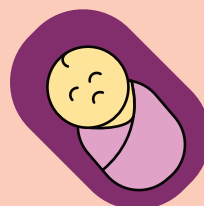
Low blood sugar (hypoglycemia)



Type 2 diabetes



Miscarriage



Jaundice

Respiratory problems

