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Gestational Diabetes

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Condition Basics

What is gestational diabetes?

Gestational diabetes is high blood sugar that first occurs during pregnancy. High blood sugar can cause problems for you and your baby. But with treatment, most women can control their blood sugar and have healthy babies. Blood sugar levels usually go back to normal after the baby is born.

What causes it?

Insulin is a hormone that helps your body use and store sugar. During pregnancy, the placenta makes other hormones that make it hard for insulin to control blood sugar. Gestational diabetes develops when the mother's body can't make enough insulin to keep blood sugar levels in a safe range.

What are the symptoms?

Gestational diabetes may not cause symptoms, so you need to be tested for it. Some women may have symptoms such as being very thirsty or having blurred vision.

How is it diagnosed?

The oral glucose tolerance test is used to diagnose the condition. Most women get this screening test for gestational diabetes between the 24th and 28th weeks of pregnancy.

How is gestational diabetes treated?

Controlling your blood sugar is the key to preventing problems during pregnancy and birth. You may be able to control your blood sugar if you change the way you eat and get regular moderate exercise. You may also need to take diabetes medicine or give yourself insulin shots.

Credits

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