



# Gestational Diabetes

## *Warning Signs*



Diabetes occurs when your body has too much sugar in the blood and not enough where it's needed: in the cells. Normally, sugar and starches are turned into a simple sugar called glucose during digestion. Insulin is the key ingredient in letting the glucose into the body's cells to be used as fuel. When insulin is missing or low, the blood sugar levels are too high.

### **Gestational Diabetes and Treatment**

A form of diabetes that occurs only during pregnancy and usually disappears after birth is called gestational diabetes. It can affect your health and your baby's. A glucose screening test can be given between the 24th and 28th weeks of pregnancy. If you believe you're at risk, consult with your doctor about the screening. Babies born to mothers with undiagnosed gestational diabetes are at higher risk of being too large or stillborn. If you develop gestational diabetes, you're at higher risk for developing diabetes later.

### **You May Be at Risk If You...**

- **have a family history of diabetes.**
- **are overweight.**
- **have given birth to an overlarge baby.**
- **have given birth to a stillborn baby.**
- **have given birth to a premature baby.**

### **Warning Signs of Gestational Diabetes**

- **excessive weight gain**
- **increased thirst and hunger**
- **frequent urination**
- **weakness, fatigue**
- **a tendency toward vaginal and urinary tract infections**
- **no symptoms at all**

### **How Is It Treated?**

Often, gestational diabetes can be controlled by a diet low in refined sugars and fat but high in complex carbohydrates. If diet fails to control the diabetes, insulin shots can be given.