

Understanding Gestational Diabetes

Gestational diabetes develops during pregnancy and can impact both mother and baby. With proper testing and nutrition, most cases can be managed effectively.

Why Screening for Gestational Diabetes Matters

- **Early Detection** – New guidelines recommend diabetes testing at the first prenatal visit and throughout pregnancy to detect insulin-related issues early.
- **Lifestyle Management** – Exercise (at least 30 minutes per day) and nutrition therapy with medical oversight are recommended for best outcomes.

Potential Risks of Gestational Diabetes

- **Large Birth Weight (Macrosomia)** – Babies may grow larger than average, increasing the risk of delivery complications.
- **Higher Risk for Type 2 Diabetes** – Studies show 5-10% of women with gestational diabetes develop type 2 diabetes immediately after pregnancy, and 35-60% may develop it within two decades.
- **Increased Risk of High Blood Pressure** – Gestational diabetes can contribute to preeclampsia and other complications.

Managing Gestational Diabetes

- **Monitor Blood Sugar** – Use a glucose monitor and track levels as recommended.
- **Follow a Balanced Diet** – Work with a registered dietitian to create a nutrition plan that supports stable blood sugar.
- **Stay Active** – Light exercises like walking, swimming, or prenatal yoga can help regulate blood sugar levels.
- **Limit Processed Foods & Sugary Drinks** – Choose whole foods, lean proteins, fiber-rich vegetables, and healthy fats instead.



Reducing the Risk of Type 2 Diabetes After Pregnancy

- **Schedule Regular Health Checkups** – Early detection is key.
- **Maintain a Healthy Weight** – Losing excess weight postpartum can help prevent future diabetes.
- **Prioritize Whole Foods & Healthy Proteins** – Reduce red and processed meat intake in favor of poultry, fish, nuts, and plant-based proteins.
- **Stay Active Daily** – Even small activities like walking an extra 10-15 minutes per day can help lower long-term risk.



Preventing Gestational Diabetes Before Pregnancy

- Healthy lifestyle changes before conception can lower the risk.
- Eat a balanced diet with whole grains, fruits, and vegetables.
- Exercise regularly to maintain a healthy weight.
- Limit processed foods and red meat. Studies show reducing red meat intake and replacing it with nuts or plant-based proteins may lower risk by 40%.

Managing gestational diabetes is possible with the right nutrition, exercise, and medical support. Stay informed, take action, and prioritize your health for a safe and healthy pregnancy.

We're committed to your health. Contact us today for more information.



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