



Navigating Diabetes During Pregnancy

Pregnancy can be a period of heightened health concerns, especially for women with diabetes. Understanding the nuances of both pregestational and gestational diabetes is crucial for a healthy pregnancy.

Pregestational Diabetes vs. Gestational Diabetes

- **Pregestational Diabetes:** This refers to any type of diabetes diagnosed before pregnancy, including type 1, type 2, and prediabetes.
- **Gestational Diabetes:** This type of diabetes develops during pregnancy and typically resolves after childbirth. It's often linked to hormonal changes and insulin resistance.

The Importance of Blood Sugar Control

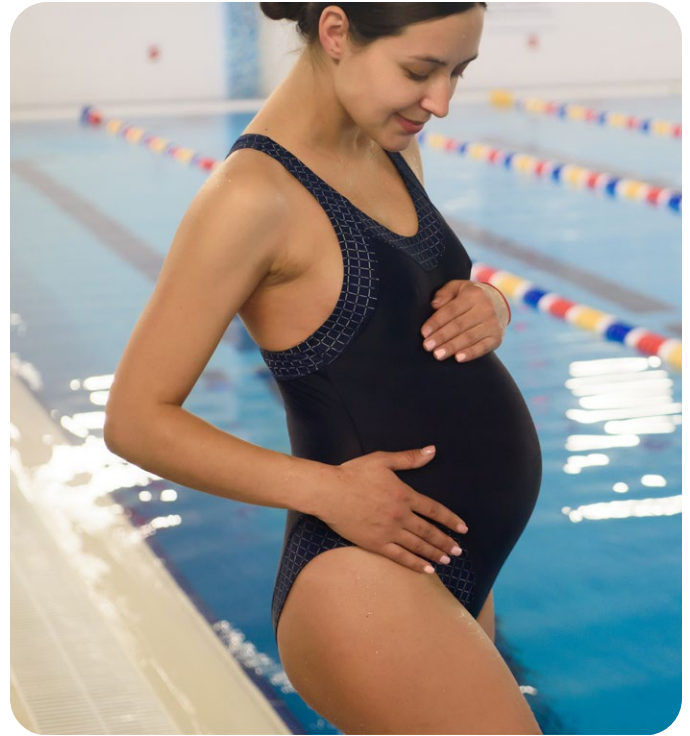
Maintaining tight blood sugar control during pregnancy is essential for both the mother and the baby. Uncontrolled blood sugar levels can lead to serious complications, such as:

- **Birth Defects:** Elevated blood sugar levels in the early stages of pregnancy can increase the risk of birth defects.
- **Preeclampsia:** A condition characterized by high blood pressure and organ damage.
- **Preterm Labor:** Early labor and delivery.
- **Macrosomia:** A condition where the baby is larger than average, which can lead to complications during delivery.



Managing Diabetes During Pregnancy

- **Regular Blood Sugar Monitoring:** Use a blood glucose meter to monitor your blood sugar levels regularly, as recommended by your healthcare provider.
- **Healthy Diet:** Consume a balanced diet rich in fruits, vegetables, whole grains, and lean protein.
- **Regular Exercise:** Engage in regular physical activity, such as walking or swimming, under the guidance of your healthcare provider.
- **Medication:** Your healthcare provider may prescribe insulin or other medications to help control your blood sugar levels.
- **Prenatal Care:** Attend regular prenatal check-ups to monitor your health and your baby's development.



Post-Pregnancy Considerations

Even after giving birth, it's important to continue monitoring your blood sugar levels. Women who have had gestational diabetes are at increased risk of developing type 2 diabetes later in life. Regular check-ups and a healthy lifestyle can help reduce this risk.

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



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