

Pregnancy-Induced Diabetes

What every mom-to-be should know – Pregnancy is a time of excitement, anticipation and countless changes. These changes can be both physical and emotional. Among these some women experience a condition called pregnancy-induced diabetes or gestational diabetes. While this sounds bad, the good news is that with proper care, it can be managed effectively to ensure a healthy pregnancy and baby.

What exactly is Pregnancy-Induced Diabetes? – At a loss as to what Pregnancy-induced diabetes is? Well, it occurs when your body cannot produce enough insulin to manage the extra sugar (glucose) in your blood during pregnancy. Hormones produced by the placenta can sometimes interfere with insulin's job, leading to higher blood sugar levels. The condition usually appears in the second or third trimester and often goes away after childbirth—but it still needs careful monitoring.

Are you at risk?

While it is true that any woman can develop gestational diabetes, certain factors do increase the risk. You're more likely to develop it if you're overweight, have a family history of diabetes, have had gestational diabetes in a previous pregnancy or have delivered a large baby before. Even women who seem perfectly healthy can experience it, which is why routine screening between 24 and 28 weeks of pregnancy is vital.

What are the signs and symptoms? – Many women don't experience noticeable symptoms, which makes screening crucial. However, some may notice increased thirst, frequent urination, fatigue or blurred vision. These symptoms can overlap with normal pregnancy experiences. Therefore, it is wise to take your doctor's advice and test rather than self-diagnose



How best to manage Pregnancy-Induced Diabetes?

The primary goal is to keep your blood sugar levels within the target range. This is usually achieved through:

- A balanced diet: Focus on whole grains, fresh fruits, vegetables, and lean proteins. Avoid sugary snacks and refined carbs.
- Regular exercise: Even light activities like walking or prenatal yoga can help control blood sugar.
- Monitoring blood sugar: Check your glucose levels regularly.
- Medication or insulin: If lifestyle changes aren't enough, your healthcare provider might prescribe insulin or other medication.

How best to manage Pregnancy-Induced Diabetes?

With early detection and good management, most women with gestational diabetes go on to have healthy pregnancies and babies. However, it's important to follow up after delivery, as it can increase your risk of developing type 2 diabetes later in life. Pregnancy-induced diabetes is manageable with awareness, regular check-ups and a supportive healthcare team.