



Impact of Diabetes on Pregnant Women

Queen Saikia*

Department of Zoology, Gauhati University, Guwahati, Assam, India

*Corresponding author: Queen Saikia, Department of Zoology, Gauhati University, Guwahati, Assam, India; E-mail: qusaikia42@gmail.com

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Description

Diabetes is a chronic disease that affects millions of people throughout the world. The inability of the body to produce or properly utilise insulin, a hormone that regulates blood sugar levels, causes it. Pregnancy is a unique time in a woman's life, and it can also be a challenging time for women with diabetes. Diabetes in pregnancy, also known as gestational diabetes, can have serious consequences for both the mother and the baby. Diabetes that occurs during pregnancy is known as gestational diabetes. It is usually diagnosed between the 24th and 28th weeks of pregnancy, although some women may develop it earlier. Gestational diabetes occurs when the body cannot produce enough insulin to keep up with the increased demand during pregnancy. This results in high blood sugar levels, which can lead to complications for both the mother and the baby.

Gestational diabetes affects about 10% of pregnancies in the United States. Women who are overweight, over the age of 25, have a family history of diabetes, or have had gestational diabetes in a previous pregnancy are at higher risk of developing gestational diabetes. One of the main risks associated with gestational diabetes is macrosomia, or a large baby. When a mother has high blood sugar levels, the baby may receive too much glucose through the placenta. This can cause the baby to grow too large, which can lead to complications during

delivery. A large baby may also increase the risk of injury during delivery, as well as the need for a cesarean section.

Gestational diabetes can also increase the risk of pre-eclampsia, a potentially life-threatening condition that can cause high blood pressure and damage to organs such as the kidneys and liver. Pre-eclampsia can also cause problems for the baby, including growth restriction and premature birth. This makes it important for women with gestational diabetes to receive proper follow-up care after delivery, including regular glucose testing. Gestational diabetes can usually be managed with lifestyle changes, such as a healthy diet and regular exercise. In some cases, medication such as insulin may be needed to control blood sugar levels. A good diet is vital for gestational diabetes management. This means eating a balanced diet that includes plenty of fruits and vegetables, whole grains, lean proteins, and healthy fats. It is also important to limit or avoid foods that are high in sugar, such as candy, cookies, and sugary drinks. Regular exercise can also help manage gestational diabetes.

In some cases, medication may be needed to manage gestational diabetes. Insulin is the most commonly prescribed treatment for gestational diabetes. Insulin is a hormone that helps regulate blood sugar levels and it is usually given by injection, although there are also insulin pumps that can be used. Other medications, such as metformin, may also be used in some cases. It is important for women with gestational diabetes to receive proper follow-up care after delivery. This may include glucose testing to make sure blood sugar levels have returned to normal. Women who have had gestational diabetes are also at higher risk of developing type 2 diabetes later in life, so it is important to have regular check-ups and follow a healthy lifestyle.

Gestational diabetes is a serious condition that can have long-term consequences for both the mother and the baby. However, with proper management, women with gestational diabetes can have healthy pregnancies and deliver healthy babies. In conclusion, gestational diabetes is a significant health concern for pregnant women and their unborn babies. It can lead to complications such as macrosomia, pre-eclampsia, and an increased risk of developing type 2 diabetes later in life.

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