

WHAT IS GESTATIONAL DIABETES

WHAT IS GDM

GDM is an abbreviation for Gestational diabetes. Gestational diabetes is a type of diabetes that may occur during pregnancy, usually in the sixth through ninth months. GDM is a manageable condition if the right steps are followed.

HOW IT WORKS

When you eat, your food is broken down into a sugar called glucose. The glucose is used by your body for energy, to use glucose as energy, your body makes insulin. Insulin is like a key that unlocks “doors” in your body’s cells so they can use the glucose they need for energy.

YOUR RISK FOR DEVELOPING GDM INCREASES IF YOU:

- Are 25 years or older during your first pregnancy
- Were overweight before you became pregnant
- Have a family history of diabetes
- Had a baby weighing over 9 lbs at birth

IF LEFT UNTREATED, GDM CAN LEAD TO PROBLEMS FOR YOU AND YOUR BABY:

- You may develop high blood pressure
- You might have a greater amount of amniotic fluid (the liquid that surrounds and protects the baby.) This may lead to early labor.
- Your baby may gain extra weight; A large baby can create a difficult delivery for you and possible birth trauma for the baby.
- Your baby may be at risk for low blood glucose, low blood calcium, jaundice, breathing problems, or blood disorders at birth.