

Gestational Diabetes

What is Gestational Diabetes?

Gestational diabetes is a type of diabetes related with pregnant woman who did not have diabetes before she got pregnant. Mother's blood sugar level will get normal after the birth of the baby.

Food that you eat breaks down into glucose and sends it into the blood. This Insulin then helps to move the glucose from the blood into your body cells. When this glucose enters your body cells, it is either used as fuel for energy immediately or stored for future usage. In a person with gestational diabetes, there is a problem with how the insulin works.



What causes Gestational Diabetes?

In pregnancy, the placenta that makes hormones, can lead to increase of glucose level in your blood. Usually, the pancreas can make enough insulin to manage this increase in glucose. But, these hormones block insulin from moving glucose into the cells. This is called insulin resistance and can lead to gestational diabetes.

Pancreas makes more insulin to overcome this resistance. However, if you have gestational diabetes, your body cannot make enough insulin to keep up. Without enough insulin, the glucose in your blood rises higher than normal. This is called high blood glucose or hyperglycemia. The higher blood glucose levels can cause the fetus to gain too much weight during the pregnancy.

Although gestational diabetes is a serious condition, you can learn how to take care of it and prevent problems for you and your baby. Because the placenta leaves your body when the baby is delivered, gestational diabetes usually goes away when the baby is born.

What are the risk factors for gestational diabetes?

It affects between 2% and 10% of pregnancies each year. Your chance of getting gestational diabetes is high if you:

- Were overweight before you got pregnant
- Have high blood sugar levels, but not high enough to be diabetes
- Have a family history of diabetes
- Have had gestational diabetes before
- Have high blood pressure or other medical complications
- Have given birth to a child weighing more than 4.5 Kilogram in past
- Have given birth to a stillborn child or had certain birth anomaly
- Are older than 25

If you've had gestational diabetes you have a high chance of having it again in future pregnancies and getting type 2 diabetes later on.

A healthy lifestyle is recommended for you to reduce the risk of getting diabetes later on.

