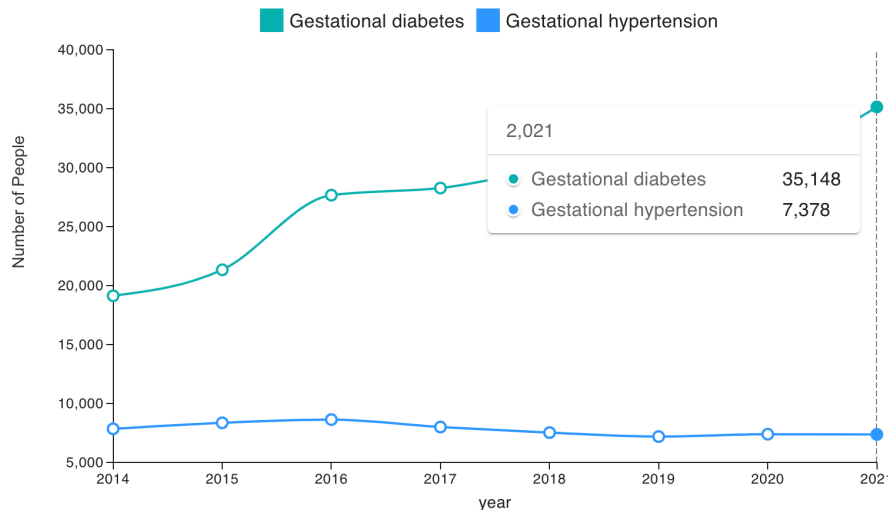


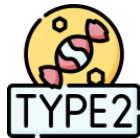
Gestational Diabetes Awareness

Did you know that from 2014 to 2021, the number of cases of gestational diabetes increased by over 80%?



What is Gestational Diabetes?

- **Definition:** A form of diabetes that occurs during pregnancy, affecting how cells use glucose and leading to elevated blood sugar levels.
- **Development:** Typically develops around the 24th week of pregnancy and may resolve after childbirth.



- **Long-Term Effects:** Women diagnosed with gestational diabetes are at a higher risk of developing type 2 diabetes within 5-10 years after delivery. The risk remains elevated in subsequent pregnancies.

Why Should You Care?

Gestational diabetes isn't just a temporary bump in the road—it can have lasting effects:







- **Larger Baby Size:** High blood sugar can cause excess growth in the fetus, resulting in larger babies, which may complicate delivery and increase the risk of injury during childbirth.
- **Increased C-section Risk:** More chances of needing a cesarean section.
- **Long-Term Health:** Higher risk of type 2 diabetes after pregnancy.
- **Child's Health:** Increased risk of obesity and diabetes in kids.



Awareness is key to keeping you and your baby healthy!

What Causes Gestational Diabetes?

-  **Obesity:** Being overweight can lead to insulin resistance.
- **Age:** Women over 25 are at a higher risk. 
- **Family History:** If diabetes runs in your family, your risk goes up.
-  **Previous GDM:** Past gestational diabetes raises the stakes.
- **Ethnicity:** Certain groups may be more prone to GDM. 

How to Manage Gestational Diabetes

- **Monitor Blood Sugar:** Keep track of your levels regularly.
- **Eat Well:** Focus on whole grains, lean proteins, fruits, and veggies.
- **Stay Active:** Regular exercise helps improve insulin sensitivity.
- **Medication:** Consult your doctor if insulin or other meds are needed.

By taking these steps, you can manage gestational diabetes effectively!

Additional Support

For more tailored support, check out our:



- Nutrition Recommendations
- Exercise

Being a migrant woman may face higher risk factors for gestational diabetes due to dietary changes, limited access to healthcare, and stress. If you'd like to assess your risk, please go to risk assessment.