what is gestational diabetes

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

gestational

CHOSEN ANS:

pregnant women who have never had diabetes before but who have high blood glucose (sugar) levels during pregnancy are said to have gestational diabetes. according to a 2014 analysis by the centers for disease control and prevention, the prevalence of gestational diabetes is as high as 9.2%. we don't know what causes gestational diabetes, but we have some clues. the placenta supports the baby as it grows. hormones from the placenta help the baby develop. but these hormones also block the action of the mother's insulin in her body. this problem is called insulin resistance. insulin resistance makes it hard for the mother's body to use insulin. she may need up to three times as much insulin. gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy. without enough insulin, glucose cannot leave the blood and be changed to energy. glucose builds up in the blood to high levels. this is called hyperglycemia. you may also be interested in our book, diabetes & pregnancy: a guide to a healthy pregnancy.

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what causes gestational diabetes

ANS TYPE:

causes

re\_ans\_type:

[Cc]auses

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

gestational

CHOSEN ANS:

pregnancy hormones can block insulin from doing its job. when this happens, glucose levels may increase in a pregnant woman's blood.you are at greater risk for gestational diabetes if you:are older than 25 when you are pregnanthave a family history of diabetesgave birth to a baby that weighed more than 9 pounds or had a birth defecthave high blood pressurehave too much amniotic fluidhave had an unexplained miscarriage or stillbirthwere overweight before your pregnancy

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what are the symptomsof diabetes

ANS TYPE:

symptoms

re\_ans\_type:

[Ss]ymptoms

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

symptomsof

CHOSEN ANS:

high blood sugar level can cause several symptoms, including:blurry visionexcess thirstfatiguehungerurinating oftenweight lossbecause type 2 diabetes develops slowly, some people with high blood sugar have no symptoms.symptoms of type 1 diabetes develop over a short period. people may be very sick by the time they are diagnosed.after many years, diabetes can lead to other serious problems. these problems are known as diabetes complications and include:eye problems, including trouble seeing (especially at night), light sensitivity, blindness in the futurepainful sores and infections of the leg or foot, which if left untreated, leads to removal of the foot or leg nerves in the body can become damaged, causing pain, tingling, and a loss of feeling, problems digesting food, erectile dysfunctionkidney problems, which can lead to kidney failureweakened immune system, which can lead to more frequent infectionsincreased chance of having a heart attackor stroke

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what are the symptoms of gestational diabetes

ANS TYPE:

symptoms

re\_ans\_type:

[Ss]ymptoms

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

symptoms gestational

CHOSEN ANS:

gestational diabetes affects the mother in late pregnancy, after the baby's body has been formed, but while the baby is busy growing. because of this, gestational diabetes does not cause the kinds of birth defects sometimes seen in babies whose mothers had diabetes before pregnancy. however, untreated or poorly controlled gestational diabetes can hurt your baby. when you have gestational diabetes, your pancreas works overtime to produce insulin, but the insulin does not lower your blood glucose levels. although insulin does not cross the placenta, glucose and other nutrients do. so extra blood glucose goes through the placenta, giving the baby high blood glucose levels. this causes the baby's pancreas to make extra insulin to get rid of the blood glucose. since the baby is getting more energy than it needs to grow and develop, the extra energy is stored as fat. this can lead to macrosomia, or a "fat" baby. babies with macrosomia face health problems of their own, including damage to their shoulders during birth. because of the extra insulin made by the baby's pancreas, newborns may have very low blood glucose levels at birth and are also at higher risk for breathing problems. babies with excess insulin become children who are at risk for obesity and adults who are at risk for type 2 diabetes.

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As a diabetes 2 patient, how do you suggest, I plan my meals

ANS TYPE:

recommendations

re\_ans\_type:

[Rr]ecommendations

FOCUS:

diabetes 2 do

re\_focus:

(?: )?[Dd]iabetes(?: )? 2 do

TARGET:

patient suggest i plan meals

CHOSEN ANS:

No answer found!

-------------------------------------

How to treat diabetes insipidus

ANS TYPE:

treatment

re\_ans\_type:

[Tt]reatment

FOCUS:

diabetes insipidus

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Ii]nsipidus)

TARGET:

treat

CHOSEN ANS:

the goal of treatment is to control the body's fluid levels. patients will be given a large amount of fluids. the amount of fluids given should be about equal to the amount of urine produced.if the condition is due to a certain medication, stopping the medicine may improve symptoms. never stop taking any medication without first talking to your doctor.a medicine called hydrochlorothiazide may improve symptoms. this may be used alone or in combination with other medications, including amiloride or indomethacin. although hydrochlorothiazide is a diuretic (these medications are usually used to increase urine output), in certain cases it can actually reduce urine output for people with ndi .

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how to prevent gestational diabetes

ANS TYPE:

symptoms prevention

re\_ans\_type:

[Ss]ymptoms|[Pp]revention

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

prevent gestational

CHOSEN ANS:

gestational diabetes affects the mother in late pregnancy, after the baby's body has been formed, but while the baby is busy growing. because of this, gestational diabetes does not cause the kinds of birth defects sometimes seen in babies whose mothers had diabetes before pregnancy. however, untreated or poorly controlled gestational diabetes can hurt your baby. when you have gestational diabetes, your pancreas works overtime to produce insulin, but the insulin does not lower your blood glucose levels. although insulin does not cross the placenta, glucose and other nutrients do. so extra blood glucose goes through the placenta, giving the baby high blood glucose levels. this causes the baby's pancreas to make extra insulin to get rid of the blood glucose. since the baby is getting more energy than it needs to grow and develop, the extra energy is stored as fat. this can lead to macrosomia, or a "fat" baby. babies with macrosomia face health problems of their own, including damage to their shoulders during birth. because of the extra insulin made by the baby's pancreas, newborns may have very low blood glucose levels at birth and are also at higher risk for breathing problems. babies with excess insulin become children who are at risk for obesity and adults who are at risk for type 2 diabetes.

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Is there any support group for diabetes

ANS TYPE:

support groups

re\_ans\_type:

[Ss]upport groups

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

support group

CHOSEN ANS:

No answer found!

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How to prevent diabetes

ANS TYPE:

symptoms prevention

re\_ans\_type:

[Ss]ymptoms|[Pp]revention

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

prevent

CHOSEN ANS:

keeping an ideal body weight and an active lifestyle may prevent type 2 diabetes.type 1 diabetes cannot be prevented.

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How can diabetes be prevented

ANS TYPE:

symptoms prevention

re\_ans\_type:

[Ss]ymptoms|[Pp]revention

FOCUS:

diabetes prevented

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Pp]revented)

TARGET:

be

CHOSEN ANS:

No answer found!

-------------------------------------

What is diabetes in children

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

children

CHOSEN ANS:

No answer found!

-------------------------------------

What is juvenile diabetes

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

juvenile diabetes

re\_focus:

[Jj]uvenile(?: )?[Dd]iabetes(?: )?

TARGET:

juvenile

CHOSEN ANS:

No answer found!

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What diet is recommended for pregnant women with diabetes

ANS TYPE:

recommendations

re\_ans\_type:

[Rr]ecommendations

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

diet pregnant women

CHOSEN ANS:

No answer found!

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What can be a diet for pregnant women with diabetes?

ANS TYPE:

recommendations

re\_ans\_type:

[Rr]ecommendations

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

be diet pregnant women

CHOSEN ANS:

No answer found!

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Type 2 diabetes meal plan

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

2 diabetes meal

re\_focus:

2(?: )?[Dd]iabetes(?: )?(?:[Mm]eal)

TARGET:

type meal plan

CHOSEN ANS:

No answer found!

-------------------------------------

What is type 2 diabetes

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

2 diabetes

re\_focus:

2(?: )?[Dd]iabetes(?: )?

TARGET:

type

CHOSEN ANS:

the number of teens living with type 2 diabetes has increased in recent years. managing diabetes as a teen or adolescent can come with different challenges than an adult may face. the materials below were developed specifically for teens with diabetes.

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How to prevent diabetes insipidus?

ANS TYPE:

symptoms prevention

re\_ans\_type:

[Ss]ymptoms|[Pp]revention

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

prevent insipidus

CHOSEN ANS:

keeping an ideal body weight and an active lifestyle may prevent type 2 diabetes.type 1 diabetes cannot be prevented.

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How to prevent diabetes insipidus

ANS TYPE:

symptoms prevention

re\_ans\_type:

[Ss]ymptoms|[Pp]revention

FOCUS:

diabetes insipidus

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Ii]nsipidus)

TARGET:

prevent

CHOSEN ANS:

there is no known way to prevent congenital nephrogenic diabetes insipidus.treating the disorders that can lead to the acquired form of the condition may prevent it from developing in some cases. medications should only be used under the supervision of the health care provider.

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How to prevent type 1 diabetes

ANS TYPE:

symptoms prevention

re\_ans\_type:

[Ss]ymptoms|[Pp]revention

FOCUS:

1 diabetes

re\_focus:

1(?: )?[Dd]iabetes(?: )?

TARGET:

prevent type

CHOSEN ANS:

type 1 diabetes cannot be prevented. there is no screening test for type 1 diabetes in people who have no symptoms.

-------------------------------------

How to cure type 1 diabetes

ANS TYPE:

treatment

re\_ans\_type:

[Tt]reatment

FOCUS:

1 diabetes

re\_focus:

1(?: )?[Dd]iabetes(?: )?

TARGET:

cure type

CHOSEN ANS:

because type 1 diabetes can start quickly and the symptoms can be severe, people who have just been diagnosed may need to stay in the hospital.if you have just been diagnosed with type 1 diabetes, youmay need tohave a checkup each week until you have good control over your blood sugar. your health care provider will review the results of your home blood sugar monitoring and urine testing. your provider will also look at your diary of meals, snacks, and insulin injections. it may take a few weeks to match the insulin doses to your meal and activity schedule.as the disease gets more stable, you will have fewer follow-up visits. visiting your health care provider is very important so you can monitor any long-term problems from diabetes.you are the most important person in managing your diabetes. you should know the basic steps to diabetes management:how to recognize and treat low blood sugar (hypoglycemia)how to recognize and treat high blood sugar (hyperglycemia)diabetes meal planninghow to give insulinhow to check blood glucose and urine ketoneshow to adjust insulin and food when you exercisehow to handle sick dayswhere to buy diabetes supplies and how to store theminsulininsulin lowers blood sugar by allowing it to leave the bloodstream and enter cells. everyone with type 1 diabetes must take insulin every day.insulin must be injected under the skin using a syringe, insulin pen or pump. it cannot be taken by mouth because the acid in the stomach destroys insulin.insulin types differ in how fast they start to work and how long they last. the health care provider will choose the best type of insulin for you and will tell you at what time of day to use it.sometypesof insulin may be mixed together in an injection to get the best blood glucose control. other types of insulin should never be mixed. you may need insulin shots from one to four times a day.your health care provider or diabetes nurse educator will teach you how to give insulin injections. at first, a child's injections may be given by a parent or other adult. by age 14, most children can give their own injections.people with diabetes need to know how to adjust the amount of insulin they are taking:when they exercisewhen they are sickwhen they will be eating more or less food and calorieswhen they are traveling diet and exerciseby testing their blood sugar level, people with type 1 diabetes learn which foods and activities raise or lower their sugar level most. this helps them adjust their insulin doses to specific meals or activities to prevent blood sugar from becoming too high or low. the american diabetes association and the american dietetic association have information for planning healthy, balanced meals. it can help to talk with a registered dietitian or nutrition counselor.regular exercise helps control the amount of sugar in the blood. it also helps burn extra calories and fat to reach a healthy weight.talk toyour health care provider before starting any exercise program. people with type 1 diabetes must take special steps before, during, and after physical activity or exercise.managing your blood sugarchecking your blood sugar levelyourself and writing down the results tells you how well you are managing your diabetes. talk to your doctor and diabetes educator about how often to check.to check your blood sugar level, you use adevice called a glucose meter. usually, you prick your finger with a small needle called a lancet to get a tiny drop of blood. you place the blood on a test strip and put the strip into the meter. the meter gives you a reading that tells you the level of your blood sugar.keep a record of your blood sugar for yourself and your doctor or nurse. the numberswill help if you have problems managing your diabetes. you and your doctor should set a target goal for your blood sugar level at different times during the day. you should also plan what to do when your blood sugar is too low or high.low blood sugar is called hypoglycemia. blood sugar levels below 70 mg/dl are too low and can harm you.foot carepeople with diabetes are more likely than those without diabetes to have foot problems. diabetes damages the nerves. this can make you less able to feel pressure on the foot. you may not notice a foot injury until you get a severe infection.diabetes can also damage blood vessels. small sores or breaks in the skin may become deeper skin sores (ulcers). the affected limb may need to be amputated if these skin ulcers do not heal or become larger, deeper, or infected.to prevent problems with your feet:stop smoking if you smoke.improve control of your blood sugar.get a foot exam by your health care provider at least twice a year and learn whether you have nerve damage.check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems.make sure you wear the right kind of shoes. ask your health care provider what is right for you.preventing complicationsyour doctor may prescribe medicines or other treatments to reduce your chance of developing eye disease, kidney disease, and other conditions that are common in people with diabetes. these conditions are called complications of diabetes.

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How to heal type 1 diabetes

ANS TYPE:

treatment

re\_ans\_type:

[Tt]reatment

FOCUS:

1 diabetes

re\_focus:

1(?: )?[Dd]iabetes(?: )?

TARGET:

heal type

CHOSEN ANS:

because type 1 diabetes can start quickly and the symptoms can be severe, people who have just been diagnosed may need to stay in the hospital.if you have just been diagnosed with type 1 diabetes, youmay need tohave a checkup each week until you have good control over your blood sugar. your health care provider will review the results of your home blood sugar monitoring and urine testing. your provider will also look at your diary of meals, snacks, and insulin injections. it may take a few weeks to match the insulin doses to your meal and activity schedule.as the disease gets more stable, you will have fewer follow-up visits. visiting your health care provider is very important so you can monitor any long-term problems from diabetes.you are the most important person in managing your diabetes. you should know the basic steps to diabetes management:how to recognize and treat low blood sugar (hypoglycemia)how to recognize and treat high blood sugar (hyperglycemia)diabetes meal planninghow to give insulinhow to check blood glucose and urine ketoneshow to adjust insulin and food when you exercisehow to handle sick dayswhere to buy diabetes supplies and how to store theminsulininsulin lowers blood sugar by allowing it to leave the bloodstream and enter cells. everyone with type 1 diabetes must take insulin every day.insulin must be injected under the skin using a syringe, insulin pen or pump. it cannot be taken by mouth because the acid in the stomach destroys insulin.insulin types differ in how fast they start to work and how long they last. the health care provider will choose the best type of insulin for you and will tell you at what time of day to use it.sometypesof insulin may be mixed together in an injection to get the best blood glucose control. other types of insulin should never be mixed. you may need insulin shots from one to four times a day.your health care provider or diabetes nurse educator will teach you how to give insulin injections. at first, a child's injections may be given by a parent or other adult. by age 14, most children can give their own injections.people with diabetes need to know how to adjust the amount of insulin they are taking:when they exercisewhen they are sickwhen they will be eating more or less food and calorieswhen they are traveling diet and exerciseby testing their blood sugar level, people with type 1 diabetes learn which foods and activities raise or lower their sugar level most. this helps them adjust their insulin doses to specific meals or activities to prevent blood sugar from becoming too high or low. the american diabetes association and the american dietetic association have information for planning healthy, balanced meals. it can help to talk with a registered dietitian or nutrition counselor.regular exercise helps control the amount of sugar in the blood. it also helps burn extra calories and fat to reach a healthy weight.talk toyour health care provider before starting any exercise program. people with type 1 diabetes must take special steps before, during, and after physical activity or exercise.managing your blood sugarchecking your blood sugar levelyourself and writing down the results tells you how well you are managing your diabetes. talk to your doctor and diabetes educator about how often to check.to check your blood sugar level, you use adevice called a glucose meter. usually, you prick your finger with a small needle called a lancet to get a tiny drop of blood. you place the blood on a test strip and put the strip into the meter. the meter gives you a reading that tells you the level of your blood sugar.keep a record of your blood sugar for yourself and your doctor or nurse. the numberswill help if you have problems managing your diabetes. you and your doctor should set a target goal for your blood sugar level at different times during the day. you should also plan what to do when your blood sugar is too low or high.low blood sugar is called hypoglycemia. blood sugar levels below 70 mg/dl are too low and can harm you.foot carepeople with diabetes are more likely than those without diabetes to have foot problems. diabetes damages the nerves. this can make you less able to feel pressure on the foot. you may not notice a foot injury until you get a severe infection.diabetes can also damage blood vessels. small sores or breaks in the skin may become deeper skin sores (ulcers). the affected limb may need to be amputated if these skin ulcers do not heal or become larger, deeper, or infected.to prevent problems with your feet:stop smoking if you smoke.improve control of your blood sugar.get a foot exam by your health care provider at least twice a year and learn whether you have nerve damage.check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems.make sure you wear the right kind of shoes. ask your health care provider what is right for you.preventing complicationsyour doctor may prescribe medicines or other treatments to reduce your chance of developing eye disease, kidney disease, and other conditions that are common in people with diabetes. these conditions are called complications of diabetes.

-------------------------------------

What are the symptoms of type 1 diabetes

ANS TYPE:

symptoms

re\_ans\_type:

[Ss]ymptoms

FOCUS:

1 diabetes

re\_focus:

1(?: )?[Dd]iabetes(?: )?

TARGET:

symptoms type

CHOSEN ANS:

high blood sugarthese symptoms may be the first signs of type 1 diabetes, or they may occur when blood sugar is high:being very thirstyfeeling hungryfeeling tired all the time having blurry eyesightfeeling numbnessor feeling tingling in your feetlosing weight without tryingurinating more oftenfor other people, these serious warning symptoms may be the first signs of type 1 diabetes, or they may happen when blood sugar is very high (diabetic ketoacidosis):deep, rapid breathingdry skin and mouthflushed facefruity breath odornausea or vomiting, inability to keep down fluidsstomach painlow blood sugarlow blood sugar (hypoglycemia) can develop quickly in people with diabetes who are taking insulin. symptoms usually appear when blood sugar level falls below 70 mg/dl. watch for:headachehungernervousnessrapid heartbeat (palpitations)shakingsweatingweakness

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how to treat diabetes insipidus

ANS TYPE:

treatment

re\_ans\_type:

[Tt]reatment

FOCUS:

diabetes insipidus

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Ii]nsipidus)

TARGET:

treat

CHOSEN ANS:

the goal of treatment is to control the body's fluid levels. patients will be given a large amount of fluids. the amount of fluids given should be about equal to the amount of urine produced.if the condition is due to a certain medication, stopping the medicine may improve symptoms. never stop taking any medication without first talking to your doctor.a medicine called hydrochlorothiazide may improve symptoms. this may be used alone or in combination with other medications, including amiloride or indomethacin. although hydrochlorothiazide is a diuretic (these medications are usually used to increase urine output), in certain cases it can actually reduce urine output for people with ndi .

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What is diabetes insipidus nephrogenic

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

insipidus nephrogenic

CHOSEN ANS:

No answer found!

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How to prevent type 2 diabetes

ANS TYPE:

symptoms prevention

re\_ans\_type:

[Ss]ymptoms|[Pp]revention

FOCUS:

2 diabetes

re\_focus:

2(?: )?[Dd]iabetes(?: )?

TARGET:

prevent type

CHOSEN ANS:

given the extraordinary burden of diabetes on patients, their families, the medical community, society, and the economy, the national diabetes education program (ndep) has prepared this toolkit to provide health care professionals and teams with evidence and resources to identify, counsel, and support patients to prevent or delay the onset of type 2 diabetes.

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When to contact a medical professional for gestational diabetes

ANS TYPE:

when to contact a medical professional

re\_ans\_type:

[Ww]hen to contact a medical professional

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

CHOSEN ANS:

No answer found!

-------------------------------------

When to contact a medical professional for diabetes

ANS TYPE:

when to contact a medical professional

re\_ans\_type:

[Ww]hen to contact a medical professional

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

CHOSEN ANS:

No answer found!

-------------------------------------

what diet do you recommend for gestational diabetes

ANS TYPE:

recommendations

re\_ans\_type:

[Rr]ecommendations

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

recommend gestational

CHOSEN ANS:

No answer found!

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when to contact a medical professional for type 1 diabetes

ANS TYPE:

when to contact a medical professional

re\_ans\_type:

[Ww]hen to contact a medical professional

FOCUS:

1 diabetes

re\_focus:

1(?: )?[Dd]iabetes(?: )?

TARGET:

CHOSEN ANS:

No answer found!

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I have gestational diabetes, when should I meet with a medical pro

ANS TYPE:

when to contact a medical professional

re\_ans\_type:

[Ww]hen to contact a medical professional

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

CHOSEN ANS:

No answer found!

-------------------------------------

i am pregnant and I suspect I have diabetes, should I call a medical professional

ANS TYPE:

when to contact a medical professional

re\_ans\_type:

[Ww]hen to contact a medical professional

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

CHOSEN ANS:

No answer found!

-------------------------------------

I am a teen with diabetes, can you help me

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

i teen help

CHOSEN ANS:

No answer found!

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My child has diabetes, can you help me

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

child help

CHOSEN ANS:

No answer found!

-------------------------------------

My baby has diabetes, what is happening exactly?

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

baby

CHOSEN ANS:

No answer found!

-------------------------------------

What is your outlook on gestational diabetes

ANS TYPE:

outlook

re\_ans\_type:

[Oo]utlook

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

outlook gestational

CHOSEN ANS:

most women with gestational diabetes are able to control their blood sugar and avoid harm to themselves or their baby.pregnant women with gestational diabetes tend to have larger babies at birth. this can increase the chance of problems at the time of delivery, including:birth injury (trauma) because of the baby's large sizedelivery by c-sectionyour baby is more likely to have periods of low blood sugar (hypoglycemia) during the first few days of life.mothers with gestational diabetes have an increased risk for high blood pressure during pregnancy.there is a slightly increased risk of the baby dying when the mother has untreated gestational diabetes. controlling blood sugar levels reduces this risk.high blood sugar (glucose) levels often go back to normal after delivery. however, women with gestational diabetes should be watched closely after giving birth and at regular doctor's appointments to screen for signs of diabetes. many women with gestational diabetes develop diabetes within 5 - 10 years after delivery.

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What is your perspective on gestational diabetes

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

perspective gestational

CHOSEN ANS:

women with gestational diabetes often have no symptoms, which is why it's important for at-risk women to be tested at the proper time during pregnancy.

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What is your prognosis on gestational diabetes

ANS TYPE:

outlook

re\_ans\_type:

[Oo]utlook

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

prognosis prognosis gestational

CHOSEN ANS:

most women with gestational diabetes are able to control their blood sugar and avoid harm to themselves or their baby.pregnant women with gestational diabetes tend to have larger babies at birth. this can increase the chance of problems at the time of delivery, including:birth injury (trauma) because of the baby's large sizedelivery by c-sectionyour baby is more likely to have periods of low blood sugar (hypoglycemia) during the first few days of life.mothers with gestational diabetes have an increased risk for high blood pressure during pregnancy.there is a slightly increased risk of the baby dying when the mother has untreated gestational diabetes. controlling blood sugar levels reduces this risk.high blood sugar (glucose) levels often go back to normal after delivery. however, women with gestational diabetes should be watched closely after giving birth and at regular doctor's appointments to screen for signs of diabetes. many women with gestational diabetes develop diabetes within 5 - 10 years after delivery.

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what could be the possible complications of diabetes insipidus

ANS TYPE:

possible complications

re\_ans\_type:

[Pp]ossible complications

FOCUS:

diabetes insipidus

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Ii]nsipidus)

TARGET:

be possible complications

CHOSEN ANS:

No answer found!

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what could be the possible complications of diabetes insipidus nephrogenic

ANS TYPE:

possible complications

re\_ans\_type:

[Pp]ossible complications

FOCUS:

diabetes insipidus

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Ii]nsipidus)

TARGET:

be possible complications nephrogenic

CHOSEN ANS:

No answer found!

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what could be the possible complications of diabetes nephrogenic insipidus

ANS TYPE:

possible complications

re\_ans\_type:

[Pp]ossible complications

FOCUS:

diabetes nephrogenic

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Nn]ephrogenic)

TARGET:

be possible complications nephrogenic insipidus

CHOSEN ANS:

No answer found!

-------------------------------------

can diabetes lead to a heart attack

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

lead heart attack

CHOSEN ANS:

No answer found!

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Which type of diabetes is common among children

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

type common children

CHOSEN ANS:

No answer found!

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I have diabetes and I am pregnant should I do an oral glucose test

ANS TYPE:

tests

re\_ans\_type:

[Tt]ests

FOCUS:

diabetes am do

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Aa]m do)

TARGET:

i i pregnant i oral glucose test

CHOSEN ANS:

No answer found!

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I get very thirsty, but I also urinate often, the urine is almost all water, do I have diabetes

ANS TYPE:

causes

re\_ans\_type:

[Cc]auses

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

i thirsty i urinate urine water i

CHOSEN ANS:

insulin is a hormone produced by the pancreas to control blood sugar. diabetes can be caused by too little insulin, resistance to insulin, or both.to understand diabetes, it is important to first understand the normal process by which food is broken down and used by the body for energy. several things happen when food is digested:a sugar called glucose enters the bloodstream. glucose is a source of fuel for the body.an organ called the pancreas makes insulin. the role of insulin is to move glucose from the bloodstream into muscle, fat, and liver cells, where it can be used as fuel. people with diabetes have high blood sugar because their body cannot move sugar into fat, liver, and muscle cells to be stored for energy. this is because either:their pancreas does not make enough insulintheir cells do not respond to insulin normallyboth of the abovethere aretwo major types of diabetes. the causes and risk factors are different for each type:type 1 diabetes can occur at any age, but it is most often diagnosed in children, teens, or young adults. in this disease, the body makes little or no insulin. daily injections of insulin are needed. the exact cause is unknown.type 2 diabetes makes up most diabetes cases. it most often occurs in adulthood.but because of high obesity rates, teens and young adults are now being diagnosed with it. many people with type 2 diabetes do not know they have it.there are other causes of diabetes, and some patients cannot be classified as type 1 or type 2. gestational diabetes is high blood sugar that develops at any time during pregnancy in a woman who does not have diabetes.diabetes affects more than 20 million americans. over 40 million americans have pre-diabetes (which oftendevelops beforetype 2 diabetes). if your parent, brother or sister has diabetes, you may be more likely to develop diabetes.

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How can I reduce my chances of developing type 2 diabetes?

ANS TYPE:

symptoms treatment recommendations

re\_ans\_type:

[Ss]ymptoms|[Tt]reatment|[Rr]ecommendations

FOCUS:

2 diabetes

re\_focus:

2(?: )?[Dd]iabetes(?: )?

TARGET:

i reduce chances type

CHOSEN ANS:

the goal of treatment at first is to lower your high blood glucose levels. long-term goals are to prevent problems from diabetes.the most important way totreat and managetype 2 diabetes isactivity and nutrition.learn these skillslearning diabetes management skills will help you live well with diabetes. these skills help prevent healthproblems and the need for medical care. skills include:how to test and record your blood glucosewhat to eat and whenhow to take medications, if neededhow to recognize and treat low and high blood sugarhow to handle sick dayswhere to buy diabetes supplies and how to store them it may take several months to learn these skills. keep learning about diabetes, its complications, and how to control and live with the disease. stay up-to-date on new research and treatments.managing your blood sugarchecking your blood sugar levelsyourself and writing down the results tells you how well you are managing your diabetes. talk to your doctor and diabetes educator about how often to check.to check your blood sugar level, you use a device called a glucose meter. usually, you prick your finger with a small needle called a lancet. this gives you a tiny drop of blood. you place the blood on a test strip and put the strip into the meter. the meter gives you a reading that tells you the level of your blood sugar.yourhealth care provider or diabetes educator will help set up a testing schedule for you. your doctor will help you seta target range for your blood sugar numbers. keep these factors in mind:most people with type 2 diabetes only need to check their blood sugar once or twice a day.if your blood sugar level isunder control, you may only need to checkit a few times a week.you may test yourself when you wake up, before meals, and at bedtime.you may need to test more often when you are sick or under stress. keep a record of your blood sugar for yourself and your health care provider. based on your numbers, changes may need to be made to your meals, activity or medicines to keep your blood sugar level in the right range. diet and weight controlwork closely with your doctor, nurse, and dietitian to learn how much fat, protein, and carbohydrates you need in your diet. your meal plans should fit your lifestyle and habits and should include foods that you like.managing your weight and having a well-balanced diet are important. some people with type 2 diabetes can stop taking medicines after losing weight. this does not mean that their diabetes is cured. they still have diabetes.very obese patients whose diabetes is not well managed with diet and medicine may consider weight loss (bariatric) surgery.regular physical activityregularactivity is important for everyone. it is even more importantwhen you have diabetes. reasons why exercise is good for your health:lowers your blood sugar level without medicineburns extra calories and fat to help manage your weightimproves blood flow and blood pressureincreases your energy levelimproves your ability to handle stresstalk to your health care provider before starting any exercise program. people with type 2 diabetes may need to take special steps before, during, and after physical activity or exercise.medications to treat diabetesif diet and exercise do not help keep your blood sugar at normal or near-normal levels, your doctor may prescribe medication. since these drugs help lower your blood sugar levels in different ways, your doctor may have you take more than one drug.some of the most common types of medication are listed below. they are taken by mouth or injection.alpha-glucosidase inhibitors biguanidesdpp iv inhibitorsinjectable medicines meglitinides sulfonylureas thiazolidinediones you may need to take insulin if your blood sugar cannot be controlled with any of the above medicines. insulin must be injected under the skin using a syringe, insulin pen, or pump. it cannot be taken by mouth because the acid in the stomach destroys insulin.preventing complicationsyour doctor may prescribe medicines or other treatments to reduce your chance of developing eye disease, kidney disease, and other conditions that are common in people with diabetes. these conditions are called complications of diabetes.foot carepeople with diabetes are more likely than those without diabetesto have foot problems. diabetes damages thenerves.this can make you less able to feel pressure on the foot. you many not notice a foot injury until you get a severe infection.diabetes can also damage blood vessels. small sores or breaks in the skin may become deeper skin sores (ulcers). the affected limb may need to be amputated if these skin ulcers do not heal or become larger, deeper or infected.to prevent problems with your feet:stop smoking if you smoke.improve control of your blood sugar.get a foot exam by your health care provider at least twice a year and learnif you have nerve damage.check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems. make sure you wear the right kind of shoes. ask your health care provider what is right for you.

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How can I lower my chances of developing type 2 diabetes?

ANS TYPE:

symptoms treatment recommendations

re\_ans\_type:

[Ss]ymptoms|[Tt]reatment|[Rr]ecommendations

FOCUS:

2 diabetes

re\_focus:

2(?: )?[Dd]iabetes(?: )?

TARGET:

i chances type

CHOSEN ANS:

given the extraordinary burden of diabetes on patients, their families, the medical community, society, and the economy, the national diabetes education program (ndep) has prepared this toolkit to provide health care professionals and teams with evidence and resources to identify, counsel, and support patients to prevent or delay the onset of type 2 diabetes.

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What should I do if I do not wish to develop type 2 diabetes

ANS TYPE:

symptoms treatment recommendations

re\_ans\_type:

[Ss]ymptoms|[Tt]reatment|[Rr]ecommendations

FOCUS:

2 diabetes

re\_focus:

2(?: )?[Dd]iabetes(?: )?

TARGET:

i i not wish develop type

CHOSEN ANS:

given the extraordinary burden of diabetes on patients, their families, the medical community, society, and the economy, the national diabetes education program (ndep) has prepared this toolkit to provide health care professionals and teams with evidence and resources to identify, counsel, and support patients to prevent or delay the onset of type 2 diabetes.

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Among children and teens, which diabetes is the most common

ANS TYPE:

treatment

re\_ans\_type:

[Tt]reatment

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

children teens common

CHOSEN ANS:

withtype 2 diabetes,the disease may be reversed with lifestyle changes, especially losing weight through exercising and eating healthier foods. also, some cases of type 2 diabetes can be improved with weight-loss surgery.there is no cure for type 1 diabetes. treating both type 1 diabetes and type 2 diabetes involves medicines, diet, and exercise to control blood sugar level.getting better control over your blood sugar, cholesterol, and blood pressure levels helps reduce the risk of kidney disease, eye disease, nervous system disease, heart attack, and stroke.to prevent diabetes complications, visit your health care provider at least two to four times a year. talk about any problems you are having. follow your health care provider's instructions on managing your diabetes.

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what are Risk Factors for Type 2 Diabetes

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

2 diabetes

re\_focus:

2(?: )?[Dd]iabetes(?: )?

TARGET:

risk factors type

CHOSEN ANS:

last reviewed: june 1, 2015 last edited: february 1, 2016

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Fasting plasma glucose (FPG) test

ANS TYPE:

tests

re\_ans\_type:

[Tt]ests

FOCUS:

diabetes

re\_focus:

^$

TARGET:

plasma glucose fpg test

CHOSEN ANS:

No answer found!

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FPG for gestational diabetes

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

gestational diabetes

re\_focus:

[Gg]estational(?: )?[Dd]iabetes(?: )?

TARGET:

fpg gestational

CHOSEN ANS:

pregnant women who have never had diabetes before but who have high blood glucose (sugar) levels during pregnancy are said to have gestational diabetes. according to a 2014 analysis by the centers for disease control and prevention, the prevalence of gestational diabetes is as high as 9.2%. we don't know what causes gestational diabetes, but we have some clues. the placenta supports the baby as it grows. hormones from the placenta help the baby develop. but these hormones also block the action of the mother's insulin in her body. this problem is called insulin resistance. insulin resistance makes it hard for the mother's body to use insulin. she may need up to three times as much insulin. gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy. without enough insulin, glucose cannot leave the blood and be changed to energy. glucose builds up in the blood to high levels. this is called hyperglycemia. you may also be interested in our book, diabetes & pregnancy: a guide to a healthy pregnancy.

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What should I do if my health care professional told me I have prediabetes?

ANS TYPE:

treatment recommendations

re\_ans\_type:

[Tt]reatment|[Rr]ecommendations

FOCUS:

diabetes do have

re\_focus:

(?: )?[Dd]iabetes(?: )?(?:[Dd]o have)

TARGET:

i health care professional i prediabetes

CHOSEN ANS:

No answer found!

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If I had gestational diabetes when I was pregnant, how can I lower my chances of developing type 2 diabetes?

ANS TYPE:

symptoms treatment recommendations

re\_ans\_type:

[Ss]ymptoms|[Tt]reatment|[Rr]ecommendations

FOCUS:

i gestational diabetes 2

re\_focus:

[Ii] gestational(?: )?[Dd]iabetes(?: )?

TARGET:

gestational i pregnant i chances type diabetes

CHOSEN ANS:

No answer found!

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What is the link between diabetes, heart disease, and stroke?

ANS TYPE:

intro

re\_ans\_type:

[Ii]ntro

FOCUS:

diabetes

re\_focus:

^(?: )?[Dd]iabetes(?: )?$

TARGET:

link heart disease

CHOSEN ANS:

No answer found!

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