

GIT Diabetes Hospital

Patient Details

Name: Mery

Age: 50

Sex: Female

Diabetes Type

Gestational Diabetes

Test Results

Glucose Level: 148.0

Blood Pressure: 72.0

BMI: 26.5

Gestation Previous Pregnancy: 1

PCOS: 1

Sedentary Lifestyle: 1

Recommendations

- Monitor your blood sugar levels closely and follow a balanced diet plan recommended by your healthcare provider to help control blood sugar levels during pregnancy.
- Close monitoring of blood glucose levels during pregnancy and postpartum follow-up are crucial for early detection and management. Lifestyle modifications, including healthy eating habits and regular physical activity, can help reduce the risk of recurrence and long-term complications.
- Women with PCOS should undergo early screening for Gestational Diabetes and receive comprehensive prenatal care. Lifestyle modifications, such as weight management and glucose control, are important for optimizing pregnancy outcomes in this population.
- Nutrition education, dietary counseling, and exercise programs should be integrated into prenatal care to promote healthy lifestyle behaviors. Pregnant women should be encouraged to follow balanced meal plans and engage in regular physical activity under the guidance of healthcare professionals.

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