

What are the risks?

Uncontrolled Diabetes during pregnancy can cause some risks to you and your baby:

You may have increased likelihood of:

- Caesarian delivery
- Urinary Tract Infections (UTI)
- Eclampsia during delivery

Your baby may have increased likelihood of:

- Respiratory distress at birth
- Extended periods of jaundice
- Low blood calcium levels
- Being a 'large baby'
- A low blood sugar event at birth
- Vulnerability to health problems later in life

But DO NOT WORRY, these risks are minimized when you take care of your diet and lifestyle and follow the directions of your specialist

It is most important that you attend all of your pre-natal clinics.



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Gestational Diabetes

Developing Diabetes while you are pregnant can be a surprise, here is what you need to know





What is Diabetes?

Diabetes is a persistent state of high blood glucose due to insufficient insulin or a malfunction of the process of insulin in our body.

Blood Glucose

The food that we eat is what fuels our bodies and keeps us moving, it gives us energy. Most of our food is converted by our body into a kind of sugar. The medical term for this sugar is 'glucose'. This glucose is taken into our cells and used as energy or stored as fat.

Insulin

Insulin is a hormone produced in our pancreas gland. It is required by our cells to help glucose move from our blood into the cells where it can be used. If there is not enough insulin or it is rejected, then the glucose level in our blood builds up.

"Up to 10% of woman will develop Gestational Diabetes, through no fault of their own"

What is Gestational Diabetes?

Gestational Diabetes is similar to the common type2 Diabetes but it occurs only during pregnancy. Most often after the pregnancy the Diabetes goes away.

The Diabetes develops spontaneously during pregnancy because your body needs two or three times more insulin than normal to regulate the glucose distribution and levels in her blood and body tissues.

The pregnancy process produces other new hormones into the body that conflict with the insulin and make it harder to do its job. So many women suffer from insufficient insulin for all the processes their pregnancy requires.

This causes a gradual build-up of blood glucose and all of the problems that go along with it.

Not all women will develop Gestational Diabetes, and it may not occur for all pregnancies for any one woman.

What can I do?

DON'T WORRY!

Keeping your stress level down during your pregnancy is really important.

There are many things you can do and plan to do for your entire pregnancy that will reduce your risk of developing Gestational Diabetes:

- ❑ Avoid smoking, and avoid alcohol
- ❑ Avoid processed foods (white sugar, white flour, white bread, pasta, sweets and packaged meals)
- ❑ Eat a healthy diet (whole grains, fresh vegetables, lentils, beans, proteins, fruits, eggs, dairy)
- ❑ Leave sugar out of your tea or coffee and avoid Sodas completely
- ❑ Exercise a little every day, walking half an hour is fine, and 2-3 per week something more energetic, swimming, lite aerobics, stairs etc

Following these tips can make a vast reduction to the probability that you may develop Gestational Diabetes.