

## HEALTH EDUCATION LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

### OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

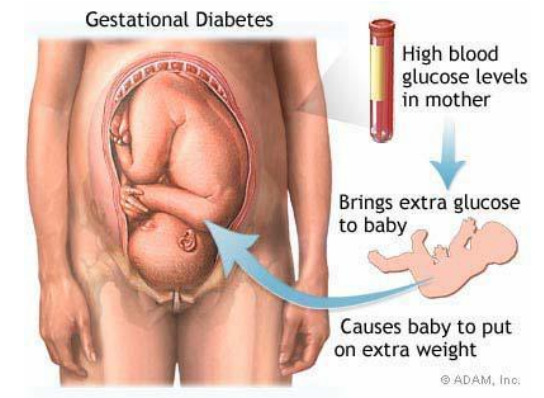
### OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.



HEALTH EDUCATION LIBRARY FOR  
PEOPLE

## Gestational Diabetes



**For more information on this subject:  
Ask the Librarian : Free Answers to  
any Health Questions !!**

<http://healthlibrary.com/helpdesk.htm>

### For More Info: ASK A LIBRARIAN



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## Understanding Gestational Diabetes, Causes And Risk Factors

### What is gestational diabetes?

Gestational (jes-TAY-shun-ul) diabetes is diabetes that is found for the first time when a woman is pregnant. Diabetes means that your blood glucose (also called blood sugar) is too high. Your body uses glucose for energy. But too much glucose in your blood can be harmful. When you are pregnant, too much glucose is not good for your baby.

### What causes gestational diabetes?



Changing hormones and weight gain are part of a healthy pregnancy. But both changes make it hard for your body to keep up with its need for a hormone called insulin. When that happens, your body doesn't get the energy it needs from the food you eat.

### What is my risk of gestational diabetes?

To learn your risk for gestational diabetes, check each item that applies to you. Talk

with your doctor about your risk at your first prenatal visit.

- I have a parent, brother, or sister with diabetes.
- I am 25 years old or older.
- I am overweight.
- I have had gestational diabetes before, or I have given birth to at least one baby weighing more than 9 pounds.
- I have been told that I have "pre-diabetes," a condition in which blood glucose levels are higher than normal, but not yet high enough for a diagnosis of diabetes. Other names for it are "impaired glucose tolerance" and "impaired fasting glucose."

If you checked any of these risk factors, ask your health care team about testing for gestational diabetes.

- You are at **high risk** if you are very overweight, have had gestational diabetes before, have a strong family history of diabetes, or have glucose in your urine.
- You are at **average risk** if you checked one or more of the risk factors.
- You are at **low risk** if you did not check any of the risk factors.

### When will I be checked for gestational diabetes?

Your doctor will decide when you need to be checked for diabetes depending on your risk factors.



- If you are at **high risk**, your blood glucose level may be checked at your first prenatal visit. If your test results are normal, you will be checked again sometime between weeks 24 and 28 of your pregnancy.
- If you have an **average risk** for gestational diabetes, you will be tested sometime between weeks 24 and 28 of pregnancy.
- If you are at **low risk**, your doctor may decide that you do not need to be checked.

