

Gestational Diabetes

November is American Diabetes Month and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) is promoting awareness for health after gestational diabetes. So if you are trying to get pregnant or already are, take the time to speak with your doctor about this.

What is it?

Gestational diabetes is a type of diabetes that occurs during pregnancy in previously undiabetic women. Gestational diabetes is when cells are unable to process glucose (sugar) and causes high blood pressure. As we eat, food is broken down into sugar and released into the bloodstream. The pancreas produces insulin to control sugar, but in the case of gestational diabetes, the changes in the mother's body can create insulin resistance in addition to the placenta releasing conflicting hormones.

Although it's not very common (only 2-10% women experience gestational diabetes), it is important to speak with a doctor and see if they think you might be at risk. It is better to catch it and treat it before gestational diabetes causes issues for you and the baby later on. This can include being at risk for type 2 diabetes.

Symptoms and treatment:

Usually, symptoms of gestational diabetes aren't noticeable. This is why it is important to speak with your doctor if you are trying to get pregnant or already are. Your doctor will know if you are at risk and need to be tested. Usually this is through family medical history or if the mother is already at risk for type 1 diabetes.

Treatment is pretty simple, once you speak with a doctor. A well balanced diet and exercise is important. If you are trying to get pregnant and might be at risk for gestational diabetes, try to lose weight before getting pregnant. Losing weight is not recommended during pregnancy.

What can you do?

Speak with your doctor! Luckily, gestational diabetes can be easily monitored with a healthy balanced and frequent exercising, as prescribed by your nutritionist or doctor.

What Community Care Physicians can do for you?

Community Care Physicians provides a comprehensive Diabetes Education at our Diabetes and Nutrition Center. Support groups are also offered. Our Nutrition and Diabetes Center is located at 501 New Karner Road, Suite 1A, Albany, NY 12205.

List of Community Care Physician Providers:

Laurie Burton-Grego, MS, RD, CDN, CDE

M. Catherine Dascher, RD, CDN, CDE

Lisbeth Irish, RDN, CDN, CDE

(Lisbeth specializes in pregnancy and gestational diabetes)

Marie Occhiogrosso, BSN, RN, CDE

For more information on gestational diabetes and our diabetes facilities:

<http://www.communitycare.com/PatientEducation/Article?URLName=Diabetes>

<https://www.mayoclinic.org/diseases-conditions/gestational-diabetes/symptoms-causes/syc-20355339>

<https://www.cdc.gov/diabetes/basics/gestational.html>

<https://www.cdc.gov/pregnancy/diabetes-gestational.html>

<https://my.clevelandclinic.org/health/diseases/9012-gestational-diabetes>

<https://www.niddk.nih.gov/health-information/communication-programs/ndep/partner-community-organization-information/national-diabetes-month>