



Prenatal and Postnatal Gestational Diabetes Effects on the Fetus and Mother Health

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Often hear the term Diabetes, because it is a very common disease, but this disease has several types. Have you ever heard of or had gestational diabetes?.

This article will answer many questions on this topic. Diabetes is a chronic disease that occurs when the pancreas is unable to produce sufficient amounts of insulin, or when the body is unable to effectively use the insulin it produces, that is, a type of insulin resistance occurs. According to the report of the World Health Organization, and given its serious complications on public health, we will talk in our article about one of its types, which is Gestational Diabetes, And the extent of its impact on the health of the mother and the newborn before birth and after birth.

Gestational diabetes (GD) is becoming more common, and this trend is expected to continue. It has significant negative consequences for the health of current and future generations due to the still unknown genetic and environmental pathways. Furthermore, the disease represents a significant financial burden on health care systems, as clinical practice is affected by budget constraints.

Through Gestational Diabetes the blood sugar level of a pregnant woman may rise even if she did not have diabetes before. This is known as gestational diabetes.

Gestational diabetes: It is defined as hyperglycemia in which glucose values exceed the normal level, and this type affects pregnant women. Studies have shown that women with gestational diabetes are more likely to have complications of pregnancy and childbirth, and they and their children are more likely to develop type 2 diabetes. In the future.

According to new research, intrauterine exposure to Metformin (Metformin is an oral diabetes medication that aids in blood sugar control, and it is used in adults with type 2 diabetes mellitus, along with diet and exercise, to improve blood sugar control. In recent years has gained acceptance as an effective option for reducing insulin resistance in pregnant women). Harm children of mothers with GD. Long-term follow-up of children exposed to metformin is needed to clarify these potential associations and provide a more rigorous evidence basis to guide the limits of therapeutic practice.

When is the sugar high when pregnant?

The answer to the question, when is the sugar high when pregnant? In that, the doctor usually conducts some tests related to the level of sugar in a pregnant woman, and one of the most prominent tests is the glucose tolerance test, which requires fasting from food and drink at least 8 hours before it is performed.

The principle of the examination depends on measuring the blood sugar level one hour after taking the sample, and the blood sugar is considered high in the pregnant woman if it exceeds 140 mg/dL after the first hour, and the doctor then resorts to measuring the ratios after the second and third hours to confirm the diagnosis of gestational diabetes. If the blood sugar level is 200 mg/dL or higher after the first hour, the diagnosis of gestational diabetes is certain.

When is the blood sugar measured for a pregnant woman?

The doctor monitors the condition of the pregnant woman and begins by asking about the risk factors for gestational diabetes between week 8 and week 12 of pregnancy.

Risk factors for high blood sugar during pregnancy and gestational diabetes include:

- Excess weight before pregnancy.
- A persistent rise in blood sugar.
- A family member has diabetes.
- Gestational diabetes in previous pregnancies.
- Polycystic ovary syndrome or any disease that affects the level of insulin.
- Having a baby with a heavier weight than normal or a previous stillbirth.
- Having high blood pressure, high cholesterol, or heart disease.
- Previous miscarriage.
- Age over 25 years old.

Why does gestational diabetes occur?

Normally, the hormone insulin in your body regulates blood sugar levels. During pregnancy, the placenta that supports your baby's growth produces hormones that block the action of insulin, causing the body to produce more insulin to compensate. When your body is unable to produce enough insulin, glucose builds up in the blood, leading to high blood sugar level.

Does gestational diabetes mean your baby will to be born sick or have diabetes?

By carefully managing this condition, you and your baby can be safe from complications.

If diabetes during pregnancy is not well controlled, what complications can occur to baby?

When you have high blood glucose during pregnancy, the extra sugar in your blood passes to your baby causing the blood sugar level in his body to rise.

So High blood sugar in the mother leads to high blood sugar in the fetus

- This means that the child will get more than what he needs for energy to grow. The baby's excess energy is stored as fat, which increases the baby's size. During delivery, the baby's shoulders and other injuries may occur due to its large size.
- The baby may have very low blood glucose levels at birth because the pancreas is used to produce more insulin than

usual. A severe drop in blood sugar in a child can lead to seizures.

- Serious respiratory problems that may occur at birth
- The child died shortly before or after birth
- The child will be more likely to develop obesity and type 2 diabetes in his life
- Severe breathing difficulties. Babies of mothers with gestational diabetes who are born early may develop respiratory distress syndrome — a condition that makes breathing difficult.

What are the effects of gestational diabetes on the mother?

- Excessive tearing and bleeding may occur in your body during the birth of a large baby.
- The increased chance that you will need surgery to give birth (Caesarean section)
- Increased risk of high blood pressure and preeclampsia, which can threaten your life and the life of your baby
- Increased risk of gestational diabetes during a future pregnancy
- Increased risk of type 2 diabetes
- Facing distress and psychological stress.

What can do to manage gestational diabetes?

- Keep track of your blood sugar levels.
- Eat healthily.
- Maintaining physical activity.
- Take medicines as directed by your doctor.

What is the normal blood sugar level for a pregnant woman?

When performing a blood sugar analysis, the doctor asks for a fasting blood sugar test and a fasting blood sugar test, and the fasting blood sugar rate for a pregnant woman is less than 95 and it is in the morning before eating any food, and the fasting period must be from 6-8 hours, while the fasted sugar after an hour, the sugar level is less than 180 mg/dl after the solution is installed and after two hours it is less than 150 mg/dl and after three hours it is less than 140 mg/dl.

Can avoid gestational diabetes?

You can reduce your risk of gestational diabetes by starting your pregnancy at a healthy weight and adopting a healthy lifestyle

today. Preventing gestational diabetes will reduce the risk of perinatal morbidity and improve the quality of life associated with a woman's health.

When should a pregnant woman visit a doctor?

If possible, seek health care early when you're thinking of trying to get pregnant for the first time, so your doctor can check your risk of gestational diabetes as well as your overall health. Once you're pregnant, your doctor will check you for gestational diabetes as part of your pregnancy care.

If you develop gestational diabetes, you may need to get tested more often. These tests will likely be done in the last three months of pregnancy when your doctor is.

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