



Why Blood Sugar is Important During Pregnancy

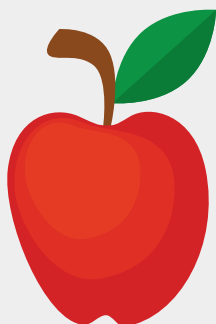


What is Blood Sugar?

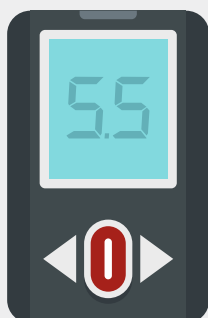
When we eat food, our body makes glucose, a type of sugar. It travels in the blood to places in the body where energy is needed. Other parts of the body need insulin, a hormone, to carry glucose into cells to be used as energy.

Healthy Blood Sugar

You can maintain healthy blood sugar by eating healthy, being active, managing stress and getting healthy sleep.



If blood sugar is too low, you may feel tired or dizzy but feel better after you eat.



High blood sugar may be related to things like dehydration or infection. But if blood sugar is too high over time, it may mean you have pre-diabetes or diabetes.



The risk of heart problems increases with all types of diabetes which is why maintaining a healthy blood sugar is important.



Blood Sugar and Pregnancy

Insulin, a hormone, helps keep blood sugar levels in a normal range. During pregnancy, hormonal and other changes cause the body to not use insulin well, a condition known as insulin resistance.

Gestational diabetes is a form of diabetes that develops during pregnancy when the body doesn't make enough extra insulin to compensate. Gestational diabetes can increase your risk of pregnancy complications as well as heart disease and stroke.

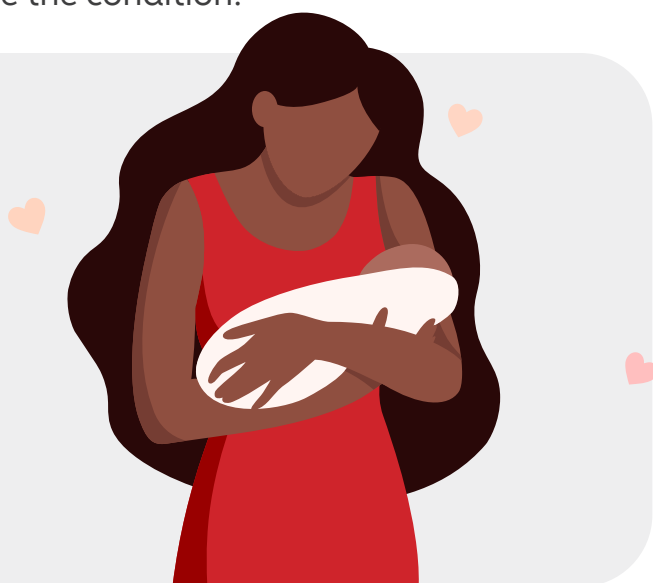
Gestational diabetes usually happens in the middle of pregnancy. That's why health care professionals most often test for it between 24 and 28 weeks.

Often a healthy diet and exercise can control gestational diabetes. Some women may need to take insulin or other medication to manage the condition.

Blood Sugar Postpartum

Gestational diabetes typically goes away soon after delivery. If it does not improve, then it's called Type 2 diabetes.

If you are diagnosed with gestational diabetes, both you and your baby will receive blood tests after delivery to measure your blood sugar. The results will determine if additional care is necessary.



What You Need to Know



Tell your health care professional if you have a history of diabetes or gestational diabetes in past pregnancies.



Your health care professional can help you understand your current blood sugar levels and how to get it to a healthy range.



Eating a healthy diet, being physically active and maintaining a healthy weight can help you maintain healthy blood sugar.

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