



Diabetes Effects and Causes during Pregnancy

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DESCRIPTION

Diabetes is a disease in which the body sometimes doesn't respond to insulin or unable to use insulin properly. Insulin is a hormonal element, it allows sugar (glucose) levels in the blood to enter the cell and act as a fuel. When glucose can't enter cells, it accumulates in the blood. High blood sugar levels can cause a problem throughout body. It has the potential to damage the nerves and blood vessels. It is dangerous to the eyes, kidneys, and heart. High levels of blood sugar in initial pregnancy can result in genetic disorders in a developing baby.

Types of diabetes

Diabetes type 1: Diabetes type 1 is an auto immune disease. The immune system of the body damages the hepatocellular cells that produce insulin.

Diabetes type 2: This occurs when the body is unable to produce or use insulin normally. It's not an autoimmune disorder.

Diabetes during pregnancy: This is a disease in which a woman's level of blood sugar increases and other diabetic symptoms develop during pregnancy despite it have been never diagnosed with diabetes. It affects between 3%-9% of pregnant women.

Causes of diabetes during pregnancy

A few women's have diabetes before to it becoming pregnant; this is known as gestational diabetes. Other women may generate a type of diabetes that occurs only during pregnancy this is known as diabetes mellitus. The way a woman's body requires blood sugar can change during pregnancy. It can cause increased diabetes or result to gestational diabetes.

During pregnancy the placenta provides nutrients and oxygen to

the developing baby. Hormones are also produced by the placenta. The hormones estrogen, cortisol, and human placental lactogen can block insulin in late pregnancy. Insulin resistance occurs when insulin is blocked. Glucose cannot enter the cells of the body. The glucose was still in the blood and increases blood sugar levels. Between 24 and 28 weeks of pregnancy, nearly all non-diabetic pregnant women are tested for gestational diabetes.

During this time, a glucose diagnostic test is performed. After drinking a glucose drink, the blood sugar levels are tested two hours later. If this test indicates an increased blood sugar level, a 3-hour glucose tolerance test will be performed. If the second test results are abnormal, gestational diabetes is diagnosed. Treatment will depend on the symptoms, age, and overall health. This will also depend on the severity of the condition. A careful diet with low carbohydrate drinks and foods, aerobic activity, checking the blood sugar levels, injections of insulin should be taken.

Diabetes complications during pregnancy

The majority of complications occur in women who have diabetes prior to becoming pregnant. Complications could include the requirement for more frequent insulin injections, extremely low blood glucose levels, which can be dangerous. Ketoacidosis caused by high blood sugar levels, which can be potentially lethal if chronic. Women who have diabetes during pregnancy have a higher risk of developing type 2 diabetes later on in life. They also have a more likely to develop gestational diabetes during a normal pregnancy. Gestational diabetes should be tested a few months after the birth of a child and then every three years after that.

Risk factors of diabetes during pregnancy are obesity or being overweight, being physically inactive, presence of pre-diabetes, previously having experienced gestational diabetes, polycystic ovary syndrome etc.

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