
Gestational Diabetes and How to Treat the Disease During Pregnancy

During pregnancy, there are several potential risks that can be observed during maternity. The overall health of the mother will directly effect the growth and development of her unborn child, and this is a fact that should receive much attention. Diet and exercise are only a few key elements to maintaining a quality and successful pregnancy. More often than not, common diseases and conditions are overlooked, especially during a woman's pregnancy. For instance, "gestational diabetes can cause a range of complications during pregnancy. Fortunately, a woman can help reduce complications by following a healthful diet." The issue with diabetes in America has to do with improper dieting and the lack of information concerning diabetes management. Modern medicine has advanced to the point in which gestational diabetes can be prevented and eventually eradicated. Any health conditions during pregnancy needs to be considered serious, yet handled rationally. From what the definition of the term states, "gestational diabetes occurs if a woman's body cannot produce enough insulin, during her pregnancy. This deficiency leads to high blood sugar. High blood sugar levels may cause problems for the woman and her baby if not managed properly." A health condition that effects the wellbeing of both the mother and the child needs to be held under the control of a trained physician. Even more care is required from the mother, mainly because it is her decision to nurture the child growing within her. First and foremost, the diet of patient with gestational diabetes needs to more towards a more positive direction.

What to Eat.

Diabetes is a difficult disease to live with due to its limitations surrounding food and nutrition. Normally, the bodies capabilities to digest and manipulate food particles should be enough to keep the body healthy, especially when an individual understands the importance of a well-balanced diet. Foods low in sugar and sodium are ideal for a diabetic patient's diet. For example, "high blood sugar levels may be harmful to the woman and the growing fetus. To help manage blood sugar levels, it is important to monitor how many, what type, and how often carbohydrates are consumed. Keeping a food diary may make this easier." A food diary is designed to help patients keep themselves accountable for the items that they consume. Other tools and practices have been put into action to create a more accurate reading about the foods that the population consumes. For instance, "the glycemic load is calculated by multiplying the grams of carbohydrate in a serving of a particular type of food by that food's glycemic index (GI). This number gives a more accurate picture of a food's real impact on blood sugar." When speaking of diabetes, a common term used often in the medical world would be glucose, or

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sugar. The glucose levels of an individual are vital when trying to maintain a lifestyle with the condition of diabetes. To elaborate on that point, “eating protein alongside carbohydrates, or choosing carbohydrates that also have protein in them, helps to balance blood sugar levels. Women with gestational diabetes should try to eat lean, protein-rich foods.” This goes for any woman during her pregnancy who wishes to keep herself as well as her child as healthy as possible. Beyond proteins and how it effects an expectant mother’s glucose levels, there are other foods and activities that a woman at risk for gestational diabetes should avoid.

What to Avoid.

During pregnancy, a woman’s body is performing functions that would be considered standard for gestation, yet taboo when compared to how most women normally operate. The basic elements that hold the body together are under some form of transition during the complicated stages of pregnancy. One of the most accurate ways to understand the issues of an ailing patient would be to check their blood through various tests. It can be noticed that “blood sugar levels are raised when people eat sugary foods, particularly those that are refined and processed. Women with gestational diabetes are advised to avoid or limit sugary foods, as much as possible.” The fickle nature of the body during pregnancy can yield some very outlandish results. Take food for example. There are several foods that can be considered dangerous to eat when pregnant or under the influence of a noticeable health condition. For most diabetic patients, food items that are high in fat can be detrimental to one’s health. These poor food choices can harm individuals with gestational diabetes as well, so caution needs to be taken when choosing what to eat. As another example of what to avoid with gestational diabetes, “starchy foods are high in carbohydrates and have a bigger impact on our blood sugar, so it is important to eat them only in small portions. Some very starchy foods are best avoided or limited.” In a sense, starch is the enemy to functional diabetes management, yet there are still more serious food items to stay clear of. Furthermore, “some foods are not obviously sources of sugar or carbohydrate, but they may still contain unhealthy levels of both of these food types.” Normally, diabetes only effects the individual with the complete illness. However, gestational diabetes attacks both the mother and the child in this scenario. Ultimately, it is the job of the mother to protect and provide for her child.

Treating Gestational Diabetes.

When treating an individual with diabetes, the patient with the condition is under the impression of having this condition for the rest of their lives. However, overcoming gestational diabetes is not an impossible task to accomplish. In fact, most patients with the condition of gestational diabetes see their condition remove itself shortly after their child is born. Still, these success stories receive their credit from proper care of the body. For instance, “Eating foods that have a

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low glycemic load is another crucial factor in a gestational diabetes diet.” As stated earlier, keeping the glycemic level low is essential for a lifestyle free of gestational diabetes and poor pregnancies. The blood also gives an accurate description of how gestational diabetes affects the chemical balance of a pregnant woman with the condition. However, there are several factors that can displace the readings of one’s blood, so it is important to consult with a doctor about any irregular or unfamiliar symptoms. For instance, “blood sugar levels depend on the individual. Some women with gestational diabetes may need medication, such as metformin or insulin to lower their blood sugar levels.” Every woman’s body is different and as such, each woman requires a different level of care. Overall, there are only a few things an expecting mother can do to solve gestational diabetes issues. Furthermore, “following a healthful diet and exercising regularly can both help control blood sugar levels and manage gestational diabetes. However, this is not sufficient to control the condition for every woman affected.” Some women require more care than others when trying to defeat their sensitive condition. In the responsible eyes of a mother with gestational diabetes, any functional treatment that promotes the health of their child is a good treatment.

The actions of the mother will always affect the child as long as the mother is present in that child’s situation. During the nine months of pregnancy, the mother is the vessel and protector of their child, so it is up to the maternal figure to make the correct choices. These choices include how the mother cares for her own person. Furthermore, “if a woman has gestational diabetes during pregnancy, this increases the risk of both her and her child experiencing complications.” Thankfully, modern day women have the opportunity to provide their children with more adequate care in comparison to how they previously handled the issues of maternity. Despite this, women and mothers need to be aware of the undesirable symptoms brought about by gestational diabetes. When relating to gestational diabetes, “for the woman, potential complications include having high blood pressure and having a larger baby. Giving birth to a larger baby can increase the risk of excessive bleeding and the need for a cesarean section.” From birth, human beings are required to live their lives and face the elements of sieving in the world. In some cases, a human has the inability or lack of physical health, causing them to fall behind in their normal growth patterns. A successful and healthy pregnancy is one of the most efficient ways to gain peace in knowing that a mother did all she could to bring a healthy individual into the world.

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