

*Extract from an Essay on Diabetes*

## **Gestational Diabetes**

Diabetes is a state of ailment where a person's blood glucose level is raised above the required level. In such cases person is required to have medicines to keep glucose level in control. Some women develop diabetes during pregnancy, it is called 'gestational diabetes' and it often subsides after the birth of baby. Gestational diabetes can be more dangerous as it may harm baby and mother both. If a woman gets diabetic during pregnancy, she becomes more prone to get diabetes in the years to come as well.

Any type of diabetes is dangerous during pregnancy and requires strict monitoring and control with the help of doctor and prescribed food intake. Diabetes may cause damage to the baby and even can originate miscarriage if not controlled properly. During pregnancy diabetes should be taken very seriously.

Diabetes Type 2, is caused due to poor pancreas function that cannot produce required level of insulin that is needed to transfer glucose and starch into energy. As a result glucose and starch keep depositing in the body without being converted into energy. In Type 1, pancreas does not produce any insulin at all and diabetic person has to inject insulin externally at proper intervals. Diabetes may damage vital organs of body like kidney, liver, heart and eyes.

Gestational diabetes is often well managed with planned sugar free diet and moderate exercise. Raising blood sugar is 'hyperglycemia' whenever its lowering down from normal level is named as 'hypoglycemia'; both conditions are dangerous and can be life threatening as well.

If gestational diabetes is not controlled properly, the size of fetus can grow abnormally that may create complications during pregnancy. Baby of mother who had

uncontrolled gestational diabetes, will not arrive with diabetes, but baby may suffer from low blood glucose at the time of birth. Such babies are kept under strict observation unless their blood glucose level is maintained.

Baby of a diabetic mother will absorb excessive glucose from mother's body and will become over sized. Such baby may face nerve damage and other complications during delivery. Because of extra weight and size, mostly, a baby of diabetic mother is born with caesarian section. Such neonate may carry the risk of being diabetic in future.

---