



# GESTATIONAL DIABETES

*A type of diabetes that occurs during pregnancy. During this period the body needs more insulin to maintain blood sugar levels and when the amount is not enough, blood sugar levels rise.*

## **Risk factors:**

- Overweight or obesity.
- Family history of gestational diabetes, and/or type 2 diabetes.
- Gestational diabetes, high blood pressure, excess amniotic fluid in previous pregnancies.
- Women over 25.
- Having had a baby of 9 pounds or more.
- Women of African, indigenous, and Hispanic descendant.

## **Symptoms:**

- Thirst
- Weight loss
- Hunger
- Excessive urine
- Tiredness

## **How is identified?**

During the second trimester (5th or 6th month) your doctor orders a test that involves drinking a sugary drink (glucola) and after a particular time, you will have a blood test.

## **Glucose levels for diagnosis:**

Fasting: > 92 mg/dL

1 hour: > 180 mg/dL

2 hours: > 153 mg/dL

### **Why should it be managed?**

- May cause the baby to have a higher weight than expected.
- Increases complications during childbirth.
- Baby may be born with very low blood sugar levels.

### **How can it be managed?**

- Treatment will depend on laboratory tests and medical recommendation.
- Follow a balanced diet.
- Perform physical activity.
- Drugs
- Insulin

### **Nutritional recommendations:**

- Nutritional plan should include three main meals and between 2 to 4 snacks (every 2 to 3 hours).
- Do not skip meals.
- Choose carbohydrates (bread, rice, pasta, food) derived from whole grains (3g or more of fiber/serving).
- Eat fruits and vegetables.
- Include healthy proteins in each meal as it helps you feel satisfied longer and keep your blood sugar levels under control.
- Eat adequate amounts of polyunsaturated fats such as salmon, vegetable oils, nuts and seeds.
- Try to keep saturated fats such as whole milk, cheese, ice cream, butter, and animal fats from exceeding 10% of total calories.
- Artificial sweeteners may be included, but other than saccharin.
- Decrease your intake of high-sugar foods, such as sweets, carbonated beverages, fruit juices, and pastry sweets.
- Keep the amount and food groups the same at each meal.
- The use of herbs and/or supplements during pregnancy is not recommended.
- Don't forget to take your prenatal vitamins and folic acid.
- Reading food labels can help you make a better choice.

#### References:

<https://www.cdc.gov/pregnancy/Spanish/diabetes-gestational.html>

[https://www.cdc.gov/pregnancy/spanish/documents/Diabetes-and-Pregnancy\\_sp.pdf](https://www.cdc.gov/pregnancy/spanish/documents/Diabetes-and-Pregnancy_sp.pdf)

2010. Intermountain Healthcare. Plan de Alimentación para la Diabetes Gestacional

2013. Dieta para la diabetes gestacional. <https://www.nlm.nih.gov/medlineplus/spanish/ency/article/007430.htm>

2010 AHRQ Pub. No. 09(10)-EHC014-B. Diabetes gestacional, guía para la mujer embarazada

Plan De Acción De Enfermedades Crónicas 2014 - 2020 División De Prevención Y Control De Enfermedades Crónicas, Secretaría Auxiliar Para La Promoción De La Salud Para Puerto Rico

American Diabetes Association. <http://www.diabetesforecast.org/2014/10-oct/gestational-diabetes-affects.html>

American Diabetes Association. Información básica de la diabetes

Gestacional. <http://www.diabetes.org/es/informacion-basica-de-la-diabetes/diabetes-gestacional/el-tratamiento-de-la-diabetes.html>

**FOR MORE INFORMATION,** contact your doctor or call us at the **Beneficiary Services** Center at:

**1-844-336-3331**

TOLL FREE

**787-999-4411**

TTY (HEARING IMPAIRED)

**MONDAY THROUGH FRIDAY: 7:00 A.M. TO 7:00 P.M.**

**PLANVITALPR.COM**

[www.multihealth-vital.com](http://www.multihealth-vital.com)



MUH-PD-MMMM15-15