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# Gestational Diabetes

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# Gestational Diabetes

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Series of three power points followed by 10 MC questions

# Gestational Diabetes

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BY: DAVID MONIN



# Background

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Usually develop gestational diabetes around the 24th week of pregnancy.

Occurs in women who have never had diabetes, but experience high glucose levels during pregnancy.

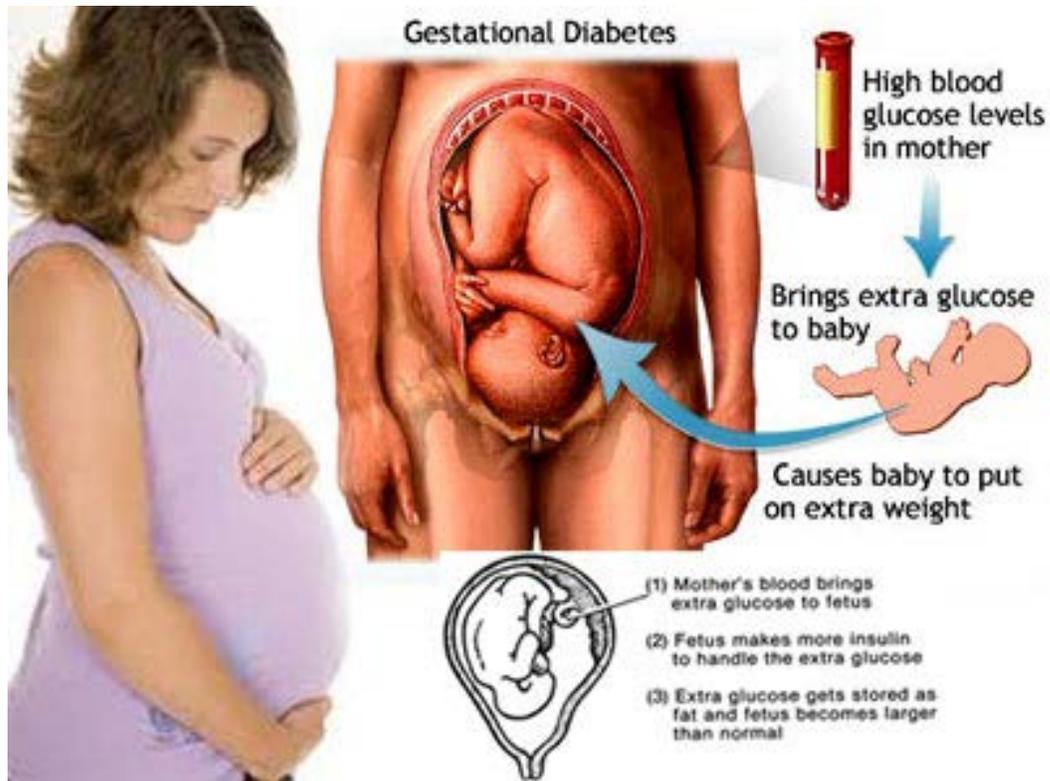
Has been said to occur in 6-10% of pregnancies.

The cause is still unknown, but there are assumptions made that relate beta cell impairment or vitamin D deficiency to possible causation.



# Why is this Relevant?

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Women who obtain gestational diabetes during pregnancy are at high risk of having Type 2 diabetes or even Type 1 (autoimmune) diabetes after the baby is delivered.

The baby is at risk of being too large to pass through the birth canal

The child has an increased risk of Type 2 diabetes later in life.

# Possible Results of Gestational Diabetes

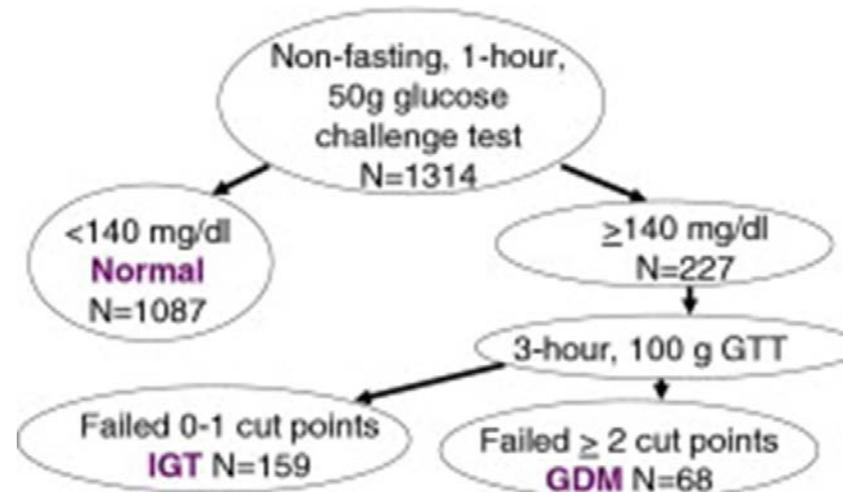
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- High blood pressure
- Possible kidney failure
- Diabetic neuropathy
- Possible seizure
- Chronic heart disease

# Diagnosis

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A women would undergo an initial glucose tolerance test which consists of her consuming 50g of glucose and then waiting one hour. After that hour she must have a blood glucose reading of under 140 mg/dL to be considered free of Gestational diabetes. If the women is over 140 mg/dL then she must undergo a 3-hour glucose tolerance test in which she is tested at 3 different intervals. If she has a blood glucose of over the cut point for 2 of the intervals then she is diagnosed with Gestational diabetes.



# Possible Causes

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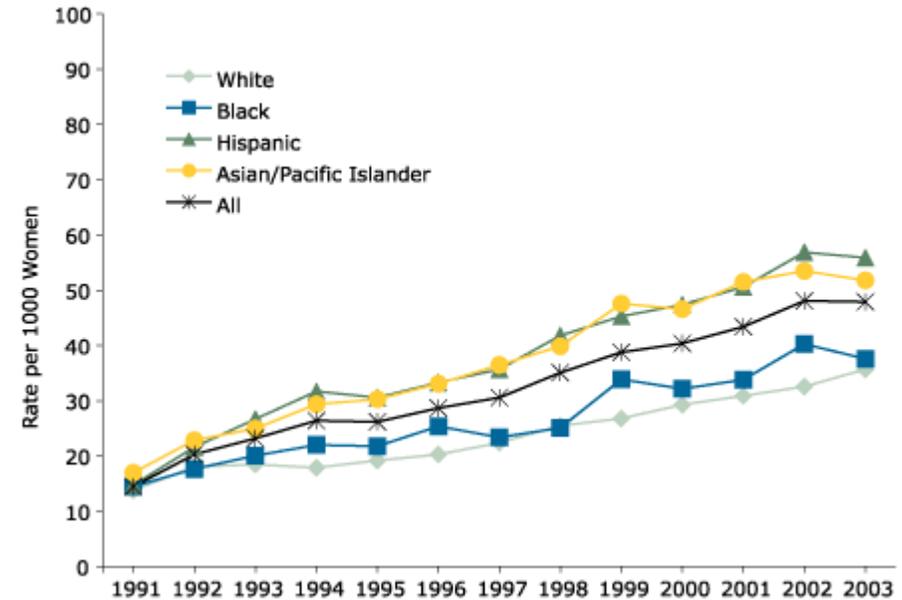
Although the exact cause of Gestational diabetes is unknown there are some theories:

- Hormones from the placenta cause a women to become insensitive to insulin
- Greater consumption of calories due to having to support the nutritional needs of a developing baby leads to too much stress on the pancreas.
- Lack of Vitamin D during pregnancy

# Who is at Risk?

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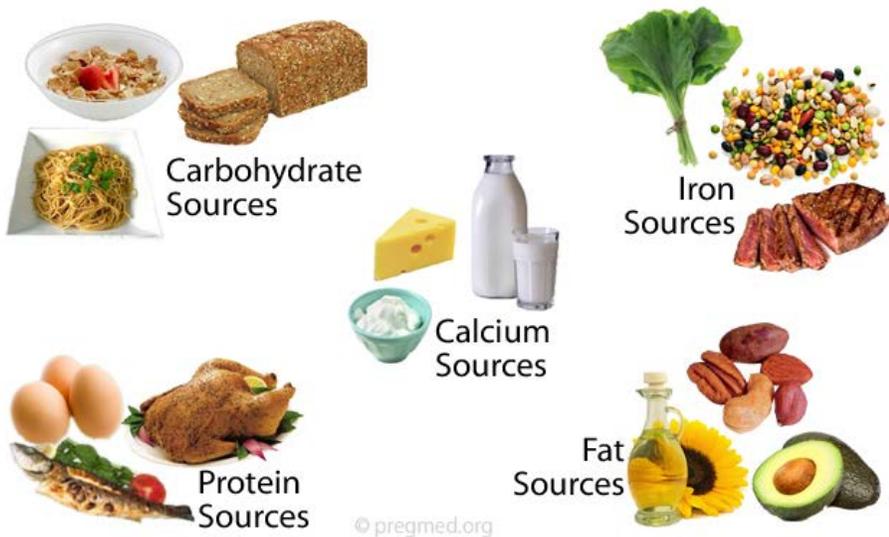
- Older than 25 when becoming pregnant
- Are African, Hispanic, or Asian
- If Gestational diabetes runs in your family
- Are Vitamin D deficient
- Were overweight before pregnancy
- Gain a lot of weight during pregnancy



# Preventative Treatments for Gestational Diabetes

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## Gestational Diabetes: Recommended Foods



Many of the ways to “treat” is to prevent.

- Get into better shape before becoming pregnant
- Do not consume too many calories when pregnant
- Eat healthy foods when pregnant such as natural unprocessed foods
- Increase the amount of Vitamin D when one becomes pregnant

# Video That Ties it All Together

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[https://www.youtube.com/watch?v=r3Bcu08av\\_Q](https://www.youtube.com/watch?v=r3Bcu08av_Q)