

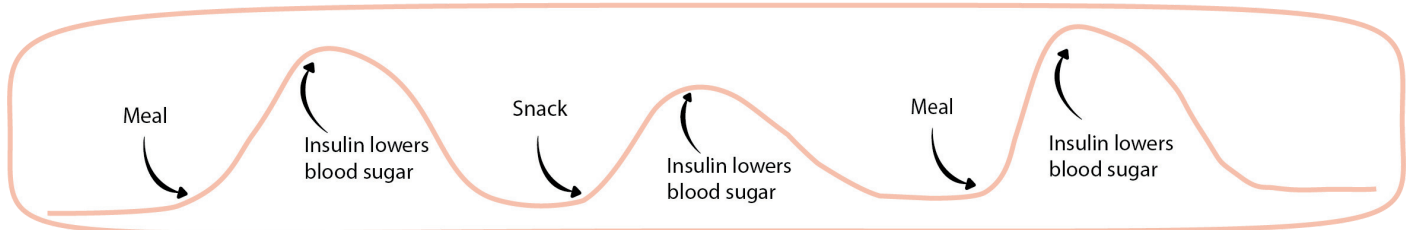
Nourrir la vie

Understanding Gestational Diabetes

Important vocabulary to understand gestational diabetes:

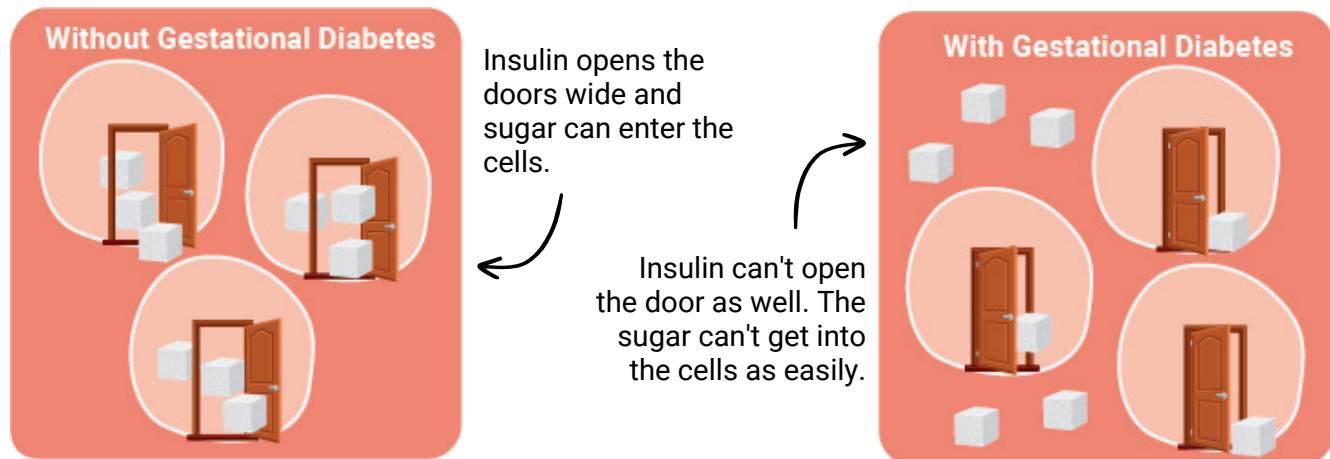
- Carbohydrates: the sugars found in food.
- Glycemia/ Blood sugar: the amount of sugar present in your blood
- Insulin: the hormone that allows sugar to enter the body's cells.

Throughout the day, blood sugar levels rise and fall:



What is gestational diabetes?

- During pregnancy, the presence of hormones can make insulin less effective.
- Carbohydrates consumed through food then accumulate in the blood, causing blood sugar levels to rise.



How can you reduce the risk of complications from gestational diabetes?

- By modifying lifestyle habits:
 - Diet
 - Physical activity
 - Stress management
- With the help of insulin and/or medication.

Gestational diabetes is a temporary condition that must be well managed for your and your baby's health!

Note: This handout is intended for information purposes only. It does not replace the recommendations made by a healthcare professional. If in doubt or if you have questions, please consult a healthcare professional as soon as possible.

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