

HEALTHY PREGNANCY



Placenta and Sugar: A Balance to Test!

Gestational Diabetes



In collaboration with:



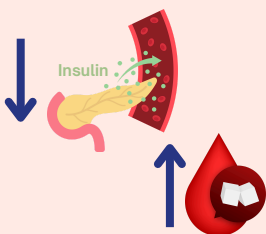
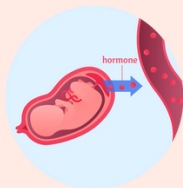
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The Role of the Placenta in Gestational Diabetes

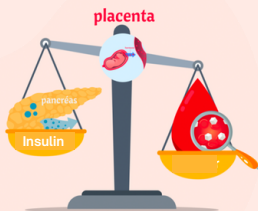
Why does diabetes develop?

During pregnancy, the **placenta produces hormones** to support the baby.



These hormones reduce the **effectiveness of the body's insulin**, which **increases blood sugar levels**

If the **body struggles** to maintain the sugar-insulin balance, **gestational diabetes occurs**.



When?

It generally occurs towards the end of the **6th month** of pregnancy.



In most cases, the diabetes **disappears after childbirth**.

Pregnancy requires many adjustments.

How do I know if I have gestational diabetes?

Gestational diabetes usually goes unnoticed.

There are no visible symptoms; a **test must be done** to screen for gestational diabetes.



Is it common?



In Canada, **1 in 10 women** is diagnosed with gestational diabetes.



Who?

Any woman can develop gestational diabetes.

Some women, **at higher risk**, will receive closer medical monitoring based on their condition.

- Age
- Weight
- Family history
- Previous pregnancies
- Other medical conditions (e.g., use of cortisone, polycystic ovary syndrome).



All women undergo a screening test around 24 weeks.

Why maintain the sugar-insulin balance?

For baby:

Controlling blood sugar levels reduces the risk of:



High birth weight
(more than 4 kg or 9 lbs)



Breathing difficulties
at birth



Low blood sugar after
birth



Overweight or sugar
intolerance later in
life



Shoulder dystocia
during delivery

For mom:

Controlling blood sugar levels reduces the risk of:



Preeclampsia and
gestational hypertension

Cesarean delivery or a more
difficult birth due to the
baby's size.



Type 2 diabetes in the
years following.

Maintaining the sugar-insulin balance is key.

What can I do?

1st step: Changing life habits



Measure your sugar levels
4 times per day

Adapt your diet



Exercise after a meal

In most cases, it's **enough to maintain the sugar-insulin balance.**

2nd step: Medication

If you need extra help, your doctor may prescribe insulin injections.



Neither the needles nor the insulin will affect the baby.

**** Always talk to a healthcare professional before making any changes to your medication.**



After pregnancy

Maintaining healthy habits
**reduces or delays the risk of
developing type 2 diabetes.**



Why not involve the whole family in adopting new lifestyle habits?

You want to know more?



Visit us for
more
information:



<https://www.healthypregnancyhub.ca/>



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