

Diabetes During Pregnancy

If you have diabetes, your body cannot properly use the food you eat for energy. When you have diabetes during pregnancy, it is called gestational diabetes.

When you eat, your body breaks down the foods into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood and your blood sugar rises.

Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your body's cells so your body can use it for energy. You cannot live without insulin.

Diabetes while you are pregnant

With diabetes, you and your baby do not get the energy you need from the food you eat. High blood sugar during pregnancy can be harmful to you and to your baby. You will have blood tests done to check your glucose level.

妊娠中の糖尿病

糖尿病にかかると、摂取した食物を体がエネルギーとして適切に利用することができなくなります。特に妊娠中にかかる糖尿病は、妊娠性糖尿病と呼ばれます。

食事をすると、体は食物を分解してグルコースという形でエネルギーにします。グルコースとは糖のことです。グルコースは血液中に送られ、血糖値を上昇させます。

インシュリンは膵臓で作られるホルモンの一種です。これは糖の血液から体の細胞への移動を助け、それにより糖はエネルギーとして利用されます。インシュリンなしで生命を維持することはできません。

妊娠中の糖尿病

糖尿病にかかると、母親が摂取した食物から母体や胎児に必要なエネルギーを得ることができません。妊娠中の高血糖は母体にも胎児にも悪影響を及ぼします。そのため、血液検査を受けて血糖値を調べる必要があります。

If not treated, gestational diabetes can cause:

- A large baby, which can cause a hard delivery
- Birth defects
- A low blood sugar in your baby right after birth, which is not good for your baby
- Breathing problems for your baby

Signs

You may have no signs that your blood sugar is high. Ask your doctor about glucose testing during your pregnancy.

Your Care

The goal is to keep your blood sugar under control. Your doctor will follow your pregnancy closely to check you and your baby.

If you have high blood sugar:

- Eat a well balanced diet. A dietitian or nurse will help you plan your diet.
- Exercise each day.

治療を行わなかった場合、妊娠性糖尿病により以下のような影響が現れることがあります:

- 巨大児、難産の原因になる
- 奇形児
- 出生直後の新生児低血糖症、新生児によくない
- 新生児呼吸窮迫症候群

兆候

血糖値が高くても何の症状も現れない場合もあります。主治医に依頼して妊娠中に血糖値の検査を受けましょう。

注意

基本は血糖値の管理です。主治医が妊娠経過をよく観察して、母体と胎児の状態を確認します。

高血糖になると、以下のような療法を指示されます。

- バランスのとれた食生活をこころがける。栄養士または看護師が食事プランの組み立てに協力してくれます。
- 毎日運動する。

- Check your blood sugar often and write it down. You will be taught to check your blood sugar using a glucose meter.
- You may need to give yourself insulin shots. If so, a nurse will show you how to do this.

Your health after your baby is born

After your baby is born, your blood sugar will likely go back to normal.

Your blood sugar will be checked 6 weeks after delivery or after you have stopped breastfeeding.

Women who have had gestational diabetes have a high rate of Type 2 diabetes later in life. Reduce your risk by staying at a healthy weight, exercise and eat healthy foods. Have your blood sugar tested at least once a year or as directed.

Talk to your doctor or nurse if you have any questions or concerns.

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- 血糖値をまめにチェックし、記録する。血糖測定装置を使って血糖値を調べる方法を教えてもらえます。
- 自分でインシュリン注射を打つことが必要な場合もあります。その場合、看護師がやり方を教えてくれます。

出産後の母体の健康

血糖値は出産後に通常の値に戻るものがほとんどです。

出産または断乳の 6 週間後に血糖値を調べます。

妊娠性糖尿病にかかった女性は、その後 2 型糖尿病にかかる割合が高くなっています。その危険性を減らすために、健康な体重を維持し、運動し、健全な食生活を心がけましょう。年に一度または指示されたとおりに血糖値の検査を受けましょう。

質問や不明な事項については、医師または看護師に相談してください。

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