

# 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.

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.

# 孕期糖尿病

如果您患有糖尿病，您的身體無法適當地將您吃的食物轉化為能量。如果您在孕期患有糖尿病，這被稱為妊娠期糖尿病。

當您吃東西時，您的身體將食物分解為一種稱為葡萄糖的能量。葡萄糖是糖的另稱。葡萄糖進入您的血液，您的血糖水平上升。

胰島素是您的胰腺產生的一種荷爾蒙。它幫助葡萄糖從您的血液進入您的身體的細胞，以便您的身體能夠利用它作能量。沒有胰島素，您就無法存活。

## 孕期糖尿病

如果您患有糖尿病，您和您的寶寶都無法從您吃的食物中獲得您所需的能量。孕期高血糖可能對您和您的寶寶有害。您將要驗血以檢查您的血糖水平。

如果不予治療，妊娠期糖尿病可能會導致：

- 寶寶過大，從而可能造成分娩困難
- 先天性缺陷
- 您的寶寶在出生時即患有低血糖，這對寶寶不好
- 您的寶寶的呼吸問題

## 症狀

您的血糖偏高可能沒有症狀。請向您的醫生詢問孕期葡萄糖測試事宜。

## **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.
- 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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## 您的護理

目標是控制您的血糖。您的醫生將密切注意您的妊娠，檢查您和您的寶寶的情況。

如果您患有高血糖：

- 保持飲食的良好平衡。營養師或護士將幫助您規劃飲食。
- 每天運動。
- 經常檢查自己的血糖並將之寫下。您將學習使用血糖檢測儀，檢查自己的血糖。
- 您可能需要給自己注射胰島素。如果是這樣，護士將向您顯示怎麼做。

## 您在寶寶出生後的健康

寶寶出生後，您的血糖可能會恢復正常。

您的血糖將在分娩後 6 周時或在您停止母乳喂養後進行檢查。

女性如患有妊娠期糖尿病，則可能在以後具有二型糖尿病的較高發病率。請降低您的風險，做法是保持健康的體重，運動並吃健康的食物。每年至少一次或按醫囑接受血糖檢查。

如有任何問題或疑慮可以向您的醫生或護理人員諮詢。

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Diabetes During Pregnancy. Traditional Chinese