

# 孕期糖尿病

## 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. This is because your body does not make enough insulin for the amount of glucose that both you and your baby need for energy. This causes you to have high blood sugar during pregnancy, which 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

如果你患有糖尿病，你的身体无法适当地将你吃的食物转化为能量。如果你在孕期患有糖尿病，这被称为妊娠期糖尿病。

当你吃东西时，你的身体将食物分解为一种称为葡萄糖的能量。葡萄糖是糖的另称。葡萄糖进入你的血液，你的血糖水平上升。

胰岛素是你的胰腺产生的一种荷尔蒙。它帮助葡萄糖从你的血液进入你的身体的细胞，以便你的身体能够利用它作能量。

没有胰岛素，你就无法存活。

### 孕期糖尿病

如果你患有糖尿病，你和你的宝宝都无法从你吃的食物中获得你所需的能量。这是因为你的身体产生的胰岛素不足以应付你和宝宝身体消耗所需的葡萄糖量。这会导致你出现孕期高血糖，可能对你和宝宝有害。你将要验血以检查你的血糖水平。

如果不予治疗，妊娠期糖尿病可能会导致：

- 宝宝过大，从而可能造成分娩困难
- 先天性缺陷
- 你的宝宝在出生时即患有低血糖，这对宝宝不好
- 你的宝宝的呼吸问题

## 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.
- 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, exercising regularly, and eating healthy foods. Have your blood sugar tested at least once a year or as directed.

## 症状

你的血糖偏高可能没有症状。请向你的医生询问孕期葡萄糖测试事宜。

## 你的护理

目标是控制你的血糖。你的医生将密切关注你的妊娠，检查你和你的宝宝的情况。

如果你患有高血糖：

- 保持饮食的良好平衡。营养师或护士将帮助你规划饮食。
- 每天锻炼。
- 经常检查自己的血糖并将之写下。你将学习使用血糖检测仪，检查自己的血糖。
- 你可能需要给自己注射胰岛素。如果是这样，护士将向你显示怎么做。

## 你在宝宝出生后的健康

宝宝出生后，你的血糖可能会恢复正常。

你的血糖将在分娩后6周时或在你停止母乳喂养后进行检查。

女性如患有妊娠期糖尿病，则可能在以后具有二型糖尿病的较高发病率。请降低你的风险，做法是保持健康的体重、坚持锻炼并健康饮食。每年至少一次或按医嘱接受血糖检查。

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

如果你有任何疑问或疑虑，请咨询你的医生或护士。

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