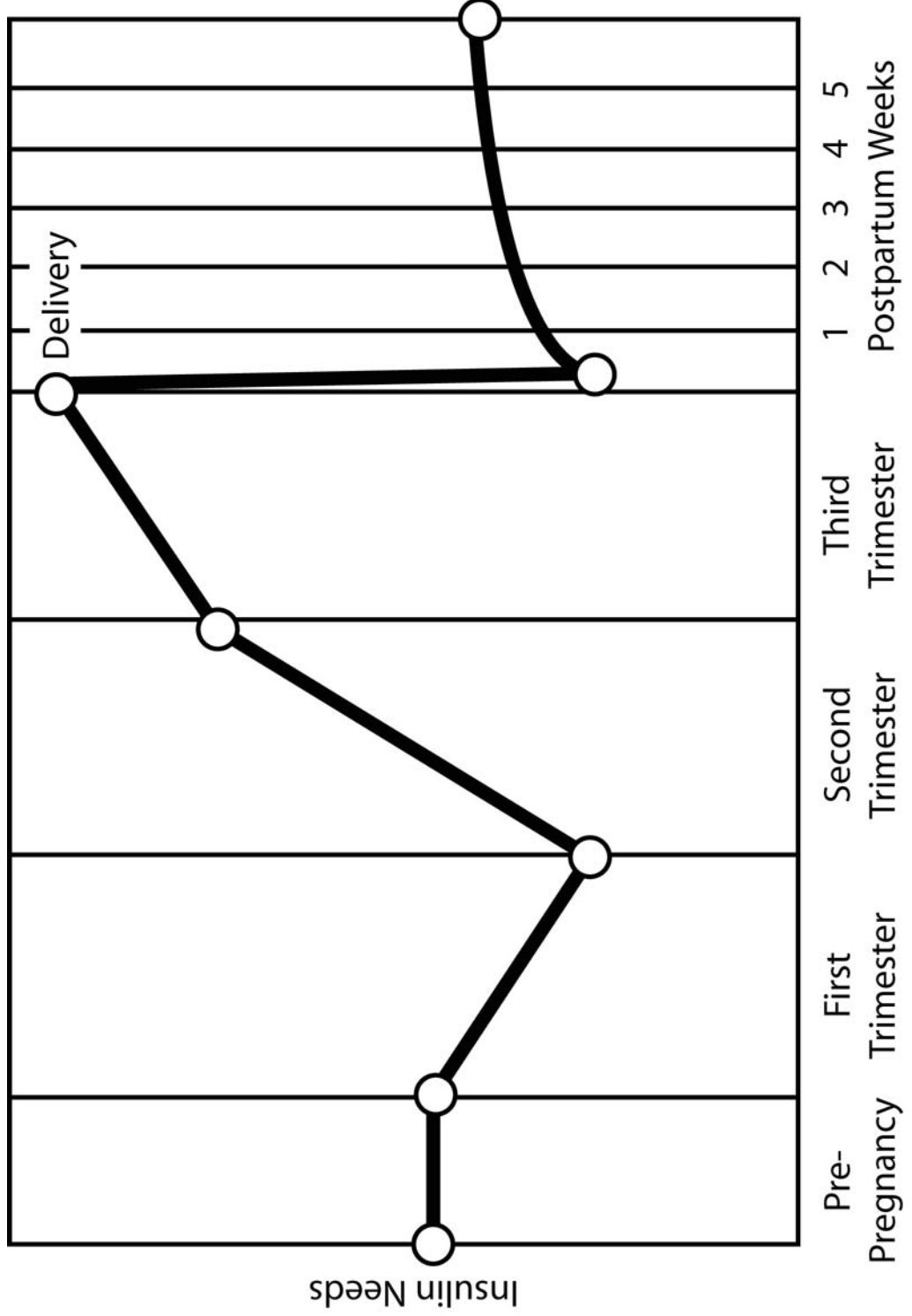




Insulin Needs During Pregnancy





Target Blood Sugar Goals



	People With Diabetes Target	My Blood Sugar
Fasting	80-120 mg/dl	
2 Hours After Meals	80-140 mg/dl	
Hemoglobin A1c	Less than 7%	

Blood sugar goals are for whole blood glucose.





After Your Baby is Born — Pre-gestational Diabetes



- choose target blood sugar goal
- check blood sugar often
- make healthy food choices
- be active
- take medicine(s) as prescribed
- handle feelings and stress
- see health care team often
- get needed tests, examinations and immunizations for you and your baby
- keep blood pressure at target goal
- keep blood fats at target goal
- avoid tobacco and alcohol
- plan for pregnancy
- identify support people and community resources

Phone numbers: _____

Clinic appointments: _____

Lab appointments: _____



Native Americans and Gestational Diabetes

by Cindy L. Bochenski, (Sault Ste. Marie Tribe of Chippewa) RN, CDE

Susie Ellenwood, a Maternal-Child Health Nurse for the Nez Perce Tribe, had gestational diabetes, and now has diabetes. She urges pregnant women to get medical care right away when they find out they are pregnant.



■ What is gestational diabetes?

Gestational means pregnancy. Gestational diabetes is diabetes that only occurs when a woman is pregnant. It usually goes away once the baby is born. Women who develop gestational diabetes have a 90 percent chance of it happening with the next pregnancy.

■ What are some signs or symptoms I can look for?

There are no signs or symptoms of gestational diabetes. It is diagnosed by a blood sugar test. All Native American women should be tested

for gestational diabetes at their first prenatal visit. A blood sugar test should also be done again between 24 and 28 weeks of pregnancy and more often if needed.

■ What causes gestational diabetes?

The exact cause of gestational diabetes is unknown. It is believed that the extra weight gain during pregnancy and the hormones produced by the placenta (the organ that feeds the baby) may cause gestational diabetes. Gestational diabetes develops when the woman's pancreas is

unable to make enough insulin for her body and her baby. Without enough insulin, too much sugar builds up in the blood and causes high blood sugar during pregnancy.

■ Why should I be concerned about gestational diabetes?

High blood sugar during pregnancy can cause problems for the mom and the baby. High blood sugar can cause the baby to grow too big. A baby weighing over nine pounds is considered big. If the baby is too big for a vaginal delivery, then the mom may require a cesarean delivery.

■ **How can it affect my baby?**

During pregnancy, high blood sugar from gestational diabetes can cause the baby to be born with hypoglycemia (low blood sugar). Hypoglycemia, if not treated, can cause problems for the newborn. Other problems that may develop for the baby are jaundice and breathing problems.

■ **Besides my unborn baby, can gestational diabetes affect me?**

High blood sugar during pregnancy can cause problems for the woman. The most common problems are urinary tract infections and pre-eclampsia, which is high blood pressure and swelling of the feet, lower legs and hands. This condition is not good for the mom or the baby.

■ **Will controlling blood sugar help prevent problems?**

Controlling blood sugar during pregnancy can help prevent problems for the mom and baby. Most women can control their blood sugar by changing their diet and being more active. Healthy eating includes avoiding high-sugar foods and drinks; eating small, frequent meals; eating at regular times, and eating well balanced meals.

■ **Will I need to take insulin shots?**

Some women with gestational diabetes may need to take insulin shots to control their blood sugar. Insulin cannot be taken in a pill. Insulin shots will not harm the baby or the mother. Balancing food, exercise and insulin can help keep the blood sugar in a normal range.

■ **Is there any activity I can do while I am pregnant?**

Walking is a safe way to exercise during pregnancy. Walking 20 or 30 minutes a day will help the woman's insulin work better and lower blood sugar levels.

■ **Will gestational diabetes go away after my baby is born?**

Over half the women who develop gestational diabetes will develop type 2 diabetes later in life. Women who have developed gestational diabetes should get a yearly blood sugar test. Women can lessen their risk for developing gestational diabetes by maintaining a healthy weight before pregnancy, eating good foods before and during pregnancy, walking daily and getting prenatal care early.



Susie Ellenwood looks at a photo of daughter Likesa.





After Your Baby is Born— Gestational Diabetes



- check blood sugar as instructed
- make healthy food choices
- be active
- take medicine(s) as prescribed
- handle feelings and stress
- see health care provider as instructed
- get needed tests, examinations and immunizations for you and your baby
- get a 2-hour glucose tolerance test _____ date
- avoid tobacco and alcohol
- plan for pregnancy
- identify support people and community resources

Phone numbers: _____

Clinic appointments: _____

Lab appointments: _____





An Easy Guide to Breastfeeding for American Indian and Alaska Native Families



(See separately packaged visuals.)





Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

My short-term goal is: (Be specific about what, when, how and where)

I will ask (Who?) _____ for support by helping me in this way:
(Be specific about what they can do to help you)

I will check regularly to see if I reach my goal by:

When I reach my short-term goal my reward will be:

Signature

Date

