

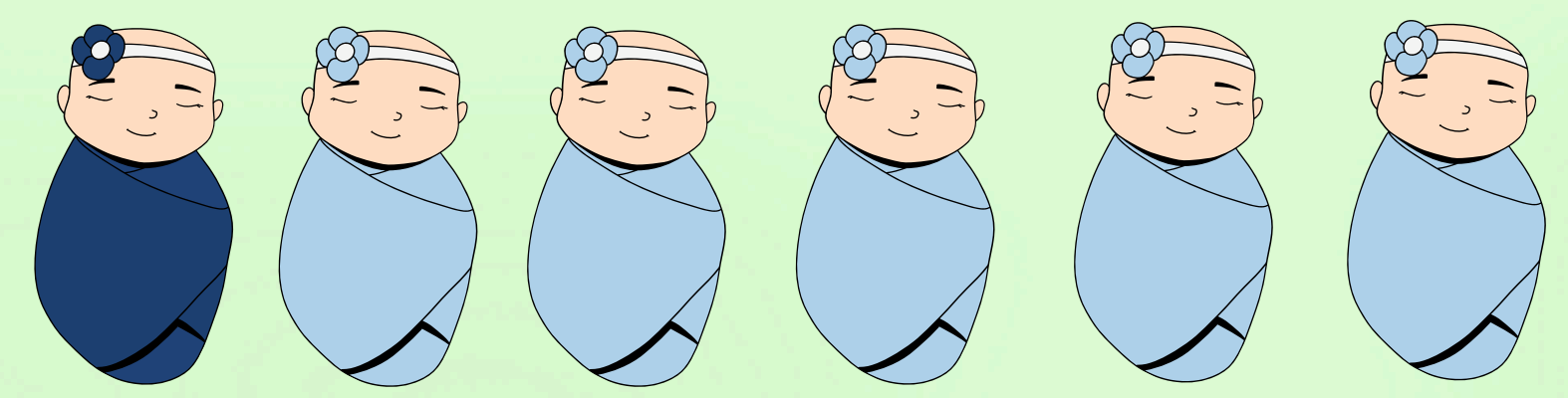


PATIENT EDUCATION CONTENT

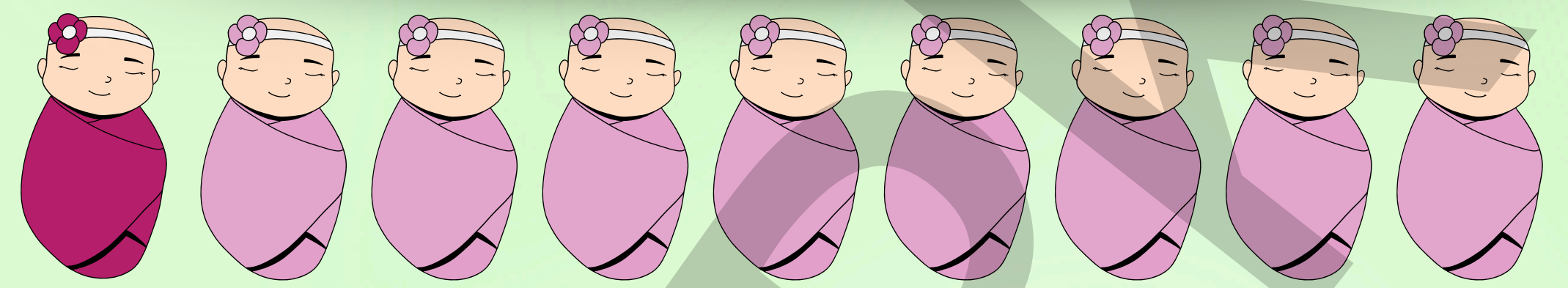
Gestational Diabetes Mellitus

Gestational Diabetes Mellitus

- ◆ Diabetes is a long-lasting condition in which sugar is not converted to glucose. it happens when body resists the effect of insulin
- ◆ In gestational diabetes, the blood sugar (glucose) level increases during the gestation period (pregnancy) and after giving birth to baby, it disappears



- ◆ Globally, 1 in 6 livebirths is affected by hyperglycemia in pregnancy, 84% of which have gestational diabetes



- ◆ In the Middle East and North African region 1 in 9 live births are affected by hyperglycemia in pregnancy

Risk factors



Age
(≥25 years)



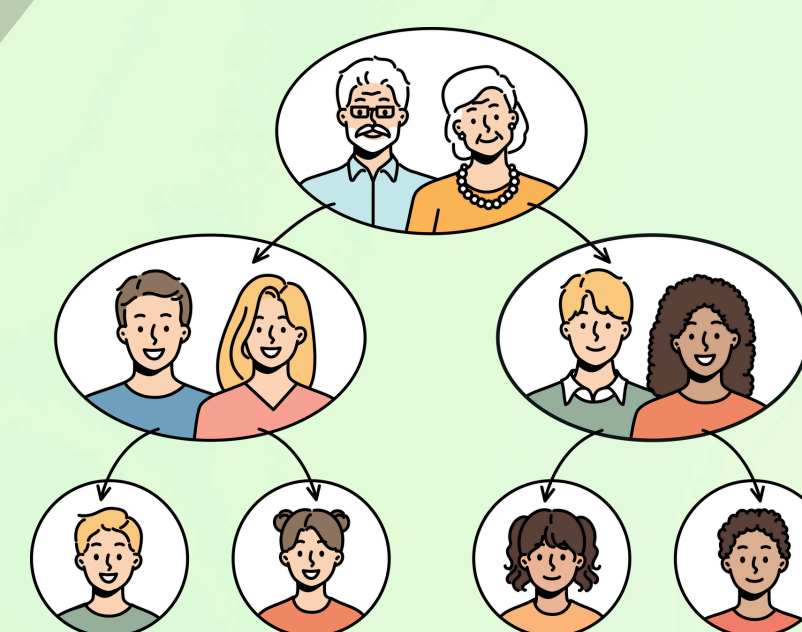
High blood pressure



Medical history of previous pregnancy



Baby weight (≥ 5 kg in last pregnancy)



Family history of diabetes



Overweight/
BMI (≥30)

RACE



Symptoms



Blurred vision



Feeling tired

Increased thirst



Increased hunger



Frequent urination

