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Gestational  
Diabetes  
Teaching Guide  
Start Your  
Guide Start  
Your

As recognized,  
adventure as with  
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about lesson,  
amusement, as  
skillfully as

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mannerism to get  
those all. We have  
enough money

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teaching guide start  
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course of them is  
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Diabetes start your  
that can be your  
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## Teaching Guide Start Your

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Diabetes during  
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Diabetes During  
Pregnancy: What is  
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Diabetes and Insulin

101 in Pregnancy

What is Gestational

Diabetes?

Optimizing diet for

diabetes during

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Getting Started |

Ohio State Medical

Center Gestational

Diabetes Blood

Sugar Levels

Improved – Placenta

Deterioration??

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~~[Malayalam] - Dr.~~

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Diabetes Webinar

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Diabetes: Diagnosis  
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Diabetes Diet and  
Weekly Meal Plan

(An alternative diet

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Diabetes  
for better blood  
sugars) Can I eat in  
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the middle of the  
night with  
gestational  
diabetes?

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Diabetes Bedtime  
Snack Morning  
Highs? 3 Ways to  
Lower your  
Morning Blood  
Sugar ~~5 Tips To~~  
~~Manage Gestational~~

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~~Diabetes With Food~~

~~| Gestational~~

~~Diabetes Meal Plan~~

~~What I ate |~~

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Diabetes | 30

Weeks Pregnant |

Glucose Checks |

Vegetarian

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DIABETES IN

PREGNANCY | 10

TIPS \u0026

TRICKS! My Tips



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Diabetes with diet

& exercise |

10 Weeks with GD

ObGyn Answers

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Diabetes FAQ |

Pregnancy Diabetes

& Diet

Overview What I

ate | Gestational

Diabetes | 38

Weeks Pregnant

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easy Pregnancy

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Endocrinologist |

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Hospital Gestational

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Diabetes - Lifestyle

Education What is

Gestational

Diabetes

(Animation)

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Diabetes

Gestational

Diabetes Blood

Sugar Levels High

In Morning What

causes gestational

diabetes? 3 things

you need to know.

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Diabetes  
Top 10 Gestational  
Diabetes Breakfast  
Ideas ( \u0026  
recipes) No Eggs!

Best exercise for  
gestational  
diabetes. How to  
help control  
gestational  
diabetes.

Gestational  
Diabetes Teaching  
Guide Start  
Spruce Up Your

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Diabetes Knowledge. I highly  
recommend  
Everything You  
Need to Know

about Gestational  
Diabetes. It has the  
most commonly  
asked GDM  
questions with  
linked evidence-  
based research..

Same with  
Gestational  
Diabetes Test &

# Download Free Gestational Diabetes

Included are normal blood sugar ranges and more. It ' ll answer questions you have about your doctor ' s standards.

Starter Guide | The Gestational Diabetic gestational diabetes don ' t have diabetes before their

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Diabetes, and  
after giving birth it  
usually goes away.

In some women,  
diabetes may be  
diagnosed in the  
first trimester in  
pregnancy, and, in  
these women, the  
condition most  
likely existed  
before pregnancy.  
Gestational diabetes  
is usually diagnosed

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Diabetes a blood test  
at . 24 – 28 weeks  
into pregnancy.

## GEST TIONAL A DIABETES

Having gestational  
diabetes also means  
you're at an  
increased risk of  
developing type 2  
diabetes in the  
future. Screening  
for gestational



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diabetes During  
your first antenatal  
appointment (also  
called a booking  
appointment) at  
around week 8 to  
12 of your  
pregnancy, your  
midwife or doctor  
will ask you some  
questions to  
determine whether  
you're at an  
increased risk of

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Diabetes  
gestational  
diabetes.

## Teaching Guide

Start Your

Gestational diabetes  
- NHS

fats. • Eat second helpings of nonstarchy vegetables instead of starchy foods, such as rice, pasta, and potatoes. •

Try to have two to three servings of

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Diabetes  
Teaching Guide  
Start Your

Calcium-rich foods  
each day: milk,  
yogurt, cheese,  
cottage cheese,  
forti- fied soy milk  
or tofu, sardines,  
dried fish, or 2 cups  
of dark leafy  
vegetables.

Gestational  
Diabetes Education  
and Diabetes  
Prevention ...

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If you had gestational diabetes in previous pregnancy, stillbirth or miscarriage, or had a large baby more than nine pounds. If you ever had problems with Insulin or blood sugar. High blood pressure, high cholesterol or heart disease. All of

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Diabetes make your chances of getting gestational diabetes higher than someone without them.

Tips For Managing  
Gestational  
Diabetes | Your  
Survival Guide  
Gestational  
Diabetes. A self-  
paced, 4-module

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Diabetes delves into the diagnosis and pathophysiology of gestational diabetes. You ' ll learn about nutrition and physical activity recommendations; medications to treat hyperglycemia in GDM; and recommendations for self-monitoring

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Diabetes  
Teaching Guide  
Start Your  
of blood glucose,  
checking of ketones  
and maternal and  
fetal monitoring.

## Gestational Diabetes Management Resources

Try to have two to  
three servings of  
calcium-rich foods  
each day: milk,  
yogurt, cheese,

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cottage cheese, fortified soy milk or tofu, sardines, dried fish, or 2 cups of dark leafy vegetables. Drink water to reduce empty calories. Other options include seltzer, mineral water, and sugar-free, caffeine-free soft drinks.



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Diabetes Education  
and Diabetes  
Prevention ...

Gestational diabetes typically doesn't have any symptoms. Your medical history and whether you have any risk factors may suggest to your doctor that you could have

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Diabetes  
gestational

diabetes, but you ' ll  
need to be tested to  
know for sure.

Related Health  
Problems. Having  
gestational diabetes  
can increase your  
risk of high blood  
pressure during  
pregnancy. It can  
also increase your  
risk of having a  
large baby that

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Diabetes to be  
delivered by  
cesarean section (C-  
section).

Gestational  
Diabetes | CDC  
CALIFORNIA  
DIABETES &  
PREGNANCY  
PROGRAM 5 To  
initiate insulin  
therapy with  
marked hyperglyce

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Diabetes  
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throughout the day, start insulin using split doses of rapid-acting and intermediate acting insulin. 1. Calculate total daily dose using Table 1 (above). 2. Approximately 2/3 of the total dose is given in the morning (33%

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## INSULIN FOR GESTATIONAL and PREGESTATIONA L DIABETES

Gestational diabetes occurs when you have hyperglycemia (high blood glucose levels) during pregnancy.

Gestational diabetes usually develops in the third trimester (between 24 and 28

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weeks) and typically disappears after the baby is born.

## Gestational Diabetes

Gestational diabetes can also start when the mother 's body is not able to make and use all the insulin it needs for pregnancy. Without

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Diabetes  
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enough insulin,  
glucose can 't leave  
the blood and be  
changed into  
energy. When  
glucose builds up in  
the blood, it ' s  
called  
hyperglycemia.

Gestational  
Diabetes -  
Symptoms,  
Treatments | ADA

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The American  
Diabetes  
Teaching Guide

Association (ADA)  
Start Your  
encourages doctors  
to routinely screen  
pregnant women for  
signs of gestational  
diabetes. If you  
have no known  
history of diabetes  
and normal blood  
sugar...

Everything You

*Page 32/41*



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Diabetes  
Need to Know

About Gestational  
Diabetes  
Teaching Guide

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Gestational diabetes usually does not occur until later in pregnancy, when the placenta is producing more of the hormones that interfere with the mother's insulin.

Screening for gestational diabetes

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Diabetes usually takes place between weeks 24 to 28, but women at high risk are likely to be screened in the first trimester.

Diabetes in  
Pregnancy | Patient  
Education | UCSF  
Health

Gestational diabetes  
typically develops  
between the 24th

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Diabetes 28th weeks of pregnancy.

According to the Centers for Disease Control and Prevention, it ' s estimated to occur in 2 to 10 percent of pregnancies in the United States.

Gestational  
Diabetes Teaching  
Guide Start  
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## Teaching Guide

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Gestational diabetes

is a type of diabetes

that is first seen in

a pregnant woman

who did not have

diabetes before she

was pregnant. Some

women have more

than one pregnancy

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Diabetes  
affected by

gestational  
diabetes.  
Teaching Guide

Start Your  
Gestational diabetes usually shows up in the middle of pregnancy. Doctors most often test for it between 24 and 28 weeks of pregnancy.

Gestational  
Diabetes and

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Pregnancy | CDC

Insulin is the most common medicine for treating gestational diabetes. You must give insulin by injection because it does not work when it is taken by mouth. Most women start by giving one to two shots of insulin per day. If

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Diabetes Teaching Guide  
Start Your

your blood sugar levels are high after eating, you may need to give a shot three or four times per day.

## UpToDate

At Mayo Clinic, if your blood glucose level is higher than 140 mg/dL (7.8 mmol/L) after the one-hour test, your

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doctor will recommend the three-hour test. If your blood glucose level is higher than 190 mg/dL (10.6 mmol/L) after the one-hour test, you'll be diagnosed with gestational diabetes. For the three-hour test:

Glucose tolerance



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test - Mayo Clinic  
Homepage | NICHD  
- Eunice Kennedy  
Shriver National ...

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