



Introduction to Active Patient GDM

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This website was created to help women who have gestational diabetes or who have had gestational diabetes adopt healthier eating and physical activity patterns so that they prevent diabetes in the future. The ideas could even be used by people who are pregnant and don't have diabetes. This website provides tricks and tools to help you eat in a healthier way during pregnancy and after pregnancy, and to be more physically active during pregnancy and after pregnancy.

Gestational diabetes is diabetes in pregnancy. It's the first time that a woman has seen that she has higher blood sugar levels, levels that are above normal pregnancy values. During pregnancy the body adapts to a growing baby by channeling all of its resources to keep the baby healthy and nourished. One of the things that happens is that blood sugar, which is the body's fuel, goes preferentially to the baby. To make sure that happens the mom's muscles and other parts of her body become more resistant to the action of insulin. Insulin is a hormone that lets blood sugar and food into cells. When her own body is more insulin resistant, the glucose, or sugar, crosses the placenta and gets to the baby. It nourishes the baby. Some people already have what's called high levels of resistance to insulin even before pregnancy. But because their body is able to compensate for this and make more insulin their blood sugar levels don't spike. During pregnancy though the additional effect of the insulin resistance can make the sugars run higher. As a result the baby may get a bit too much blood sugar and may be larger than normal. A larger baby may have more challenges during delivery making deliveries more complicated. This may result in higher caesarean section rates.

Another issue is that women who have higher blood sugar levels in pregnancy may also develop higher blood pressure levels. This can be bad both for mom and baby. It can cause less nourishment for the baby and cause the mom to have a variety of other complications to other organs and her body. The good news the following steps can help:

- Monitoring body weight
- Monitoring blood sugar levels
- Getting enough physical activity and being more active
- Eating a prudent diet with more fruits and vegetables
- Eating less processed foods
- Dining out less often

These efforts will lower the chance of having very high blood sugars, very high blood pressure, and the problems that one has during pregnancy.

<https://activepatient.ca/>