

# Gestational Diabetes and Problems Caused during Pregnancy

Isaac Kuzmar\*

Central Hospital Kainuun Sote Kajaani, Finland

Diabetes is a condition in which the body cannot make enough insulin, or cannot use insulin normally. Insulin is a hormone. It helps sugar (glucose) in the blood get into cells of the body to be used as energy. When glucose cannot enter the cells, it builds up in the blood. This ends in excessive blood sugar (hyperglycaemia).

High blood sugar can cause issues all around the body. It can damage blood vessels and nerves. It can damage the eyes, kidneys, and heart. In early pregnancy, excessive blood sugar can cause start defects in a developing baby.

## There are 3 types of diabetes

**Type 1 diabetes:** Type 1 diabetes is an autoimmune disease. The body's immune system damages the cells in the pancreas that make insulin.

**Type 2 diabetes:** This is when the body cannot make enough insulin or use it normally. It's not an autoimmune disease.

**Gestational diabetes:** This is a condition in which the blood glucose level goes up and other diabetic symptoms appear during gestation in a woman who has not been diagnosed with diabetes before.

## Gestational diabetes and issues during pregnancy

**Cesarean birth (also called c- section):** This is surgical procedure wherein your baby is born via a cut that your medical doctor makes on your stomach and uterus (womb). You may need to have a c-section if you have complications during pregnancy, like your baby being very large (called macrosomia). Most women with GDM can have a vaginal birth. But they're more likely to have a c- section than women without GDM.

**High blood pressure and preeclampsia:** High blood pressure (additionally known as hypertension) is while the pressure of blood against the walls of the blood vessels is just too high. It can stress your heart and cause problems during gestation. Preeclampsia is when a pregnant woman has excessive blood pressure and signs that some of her organs like her kidneys and liver, won't be functioning properly. Signs of preeclampsia include having protein in the urine, changes in vision and serious headaches. High blood pressure and preeclampsia can increase your threat for premature birth.

**Macro somia:** This means your baby weighs more than 8 pounds, 13 ounces (grams) at birth. Weighing this much makes your infant

more likely to get harmed during labour and birth. And you may need to have a c- section to keep you and your baby safe.

**Perinatal depression:** Typically depression that happens amid pregnancy or in the first year after having a child (moreover called postpartum depression). Depression is a therapeutic condition that causes feelings of sadness and a misfortune of interest in things you like to do. It can affect how you feel, suppose and act and can interfere with your daily life. It needs treatment to get better.

**Premature birth:** This is often birth before 37 weeks of pregnancy. Most women with GDM have a full- term pregnancy that lasts between 39 and 40 weeks. But if there are complications with your gestation, you may need to have your labor induced before your due date. Inducing labor implies your provider gives you medication or breaks your water (amniotic sac) to create your labor start.

Shoulder dystocia or other birth injuries (also called birth trauma). Shoulder dystocia happens when a baby's shoulders get stuck inside the mother's pelvis during labor and birth. It frequently happens when a baby is very large. It can beget serious injury to both mother and baby. Complications for mothers caused by shoulder dystocia include postpartum hemorrhage (heavy bleeding). For babies, the most common injuries are fractures to the collarbone and arm and harm to the brachial plexus nerves. These nerves go from the spinal cord in the neck down the arm. They give feeling and movement in the shoulder, arm and hand.

**Stillbirth:** This is the death of a baby in the womb after 20 weeks of gestation.

Gestational diabetes also can cause health complications for your baby after birth, including

- Breathing problems, including respiratory distress syndrome (also called RDS). This is a breathing problem caused when babies do not have enough surfactant in their lungs. Surfactant may be a protein that keeps the little air sacs in the lungs from collapsing.
- Jaundice. Typically a therapeutic condition in which a baby's eyes and skin appear yellow. A baby has jaundice when his liver is not fully developed or is not working well.
- Low blood sugar ( also called Hypoglycemia)
- Obesity and Diabetes later in life

\*Correspondence to: Isaac Kuzmar, Central Hospital Kainuun Sote Kajaani, Finland, E-mail: issack545@gmail.com

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