

# Diabetes During Pregnancy

If you have diabetes, your body cannot properly use the food you eat for energy. When you have diabetes during pregnancy, it is called gestational diabetes.

When you eat, your body breaks down the foods into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood and your blood sugar rises.

Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your body's cells so your body can use it for energy. You cannot live without insulin.

## **Diabetes while you are pregnant**

With diabetes, you and your baby do not get the energy you need from the food you eat. High blood sugar during pregnancy can be harmful to you and to your baby. You will have blood tests done to check your glucose level.

If not treated, gestational diabetes can cause:

- A large baby, which can cause a hard delivery
- Birth defects
- A low blood sugar in your baby right after birth, which is not good for your baby
- Breathing problems for your baby

# Kaadi sonkorowga Waqtiga Uurka

Hadii aad kaadi sonkorow qabtid, jidhkaagu si habboon uma isticmaali karayo cuntada aad u cuneysid inaad tamar ka heshid. Markaad kaadi sonkorow qabtid waqtiga uurka, waxaa loo yaqaannaa kaadi sonkorowga ilmuhuna uurka ku korayo.

Markaad cunto cuntid, jidhkaagu wuxuu cuntada u jajabiyaa qaab tamar ah oo loo yaqaanno *glucose*. *Glucose* waa erey kale oo loo isticmaalo sonkorta. *Glucose*-tu waxay gashaa dhiiggaaga ka dibna sonkorta dhiiggaaga ayaa kor u kacda.

*Insulin* waa hoormoon ay samayso xammeetidaadu. Waxay caawisaa in *glucose*-tu dhiiggaaga ka dhaqaaqdo ayna aaddo unugyada jidhkaaga si markaas jidhkaagu uu ugu isticmaalo tamar. Ma noolaan kartid *insulin* la'aan.

## Kaadi sonkorowga inta aad uurka leedahay

Kaadi sonkorow adigoo qaba, adiga iyo ilmahaagu ma heleysaan tamarta aad uga baahan tihiin cuntada aad cuneysid. Dhiig sonkortiisu sarreyso waqtiga uurka wuxuu noqon karaa mid waxyeello adiga iyo ilmahaagaba idiin keeni kara. Waxaa laga baari doonaa dhiigga si lagaaga hubiyo heerka *glucose*.

Haddii aan la daaweynin, kaadi sonkorowga ilmuhuna uurka ku jiro waxay keeni kartaa:

- Ilmo ballaaran, oo keeni kara dhibaato dhalmo
- Cillado dhalmo
- Dhiig sonkortiisu hooseyso ee ilmahaaga dhalashada ka dib, taasoo aan u fiicneyn ilmahaaga
- Dhibaato neefsasho ee ilmahaaga

## **Signs**

You may have no signs that your blood sugar is high. Ask your doctor about glucose testing during your pregnancy.

## **Your Care**

The goal is to keep your blood sugar under control. Your doctor will follow your pregnancy closely to check you and your baby.

If you have high blood sugar:

- Eat a well balanced diet. A dietitian or nurse will help you plan your diet.
- Exercise each day.
- Check your blood sugar often and write it down. You will be taught to check your blood sugar using a glucose meter.
- You may need to give yourself insulin shots. If so, a nurse will show you how to do this.

## **Your health after your baby is born**

After your baby is born, your blood sugar will likely go back to normal.

Your blood sugar will be checked 6 weeks after delivery or after you have stopped breastfeeding.

Women who have had gestational diabetes have a high rate of Type 2 diabetes later in life. Reduce your risk by staying at a healthy weight, exercise and eat healthy foods. Have your blood sugar tested at least once a year or as directed.

## **Calaamadaha**

Waxaa laga yaabaa inaad kalaamado lahaanin oo ah in sonkorta dhiiggaagu uu sarreeyo. Weydii dhakhtarkaaga wax ku saabsan baaridda *glucose*-ta waqtiga uurkaaga.

## **Daryeelkaaga**

Hadafku waa in sonkorta dhiiggaaga la xakameeyo. Dhakhtarkaaga ayaa si hooseysa ula socon doona uurkaaga iyo ilmaha.

Haddii aad qabtid sonkor dhiig oo sarreysa:

- Cun cunno si wanaagsan isugu dheellitiran. Nafaqo-yaqaan ama kalkaaliso ayaa kaa caawin doona inaad qorshaysatid cunto xaddidan.
- Maalin kasta jir-dhis samee.
- Iska hubi sonkorta dhiiggaaga isla markaana qor. Waxaa lagu bari doonaa inaad iska baartid sonkorta dhiigga adigoo isticmaalaya mitirka *glucose*-ta.
- Waxaa laga yaabaa inaad u baahatid inaad isku durto *insulin*. Haddii ay sidaas tahay, kalkaaliso ayaa ku tusi doonta sida taas loo sameeyo.

## **Caafimaadkaaga ka dib marka ilmahaagu uu dhasho**

Marka ilmahaagu uu dhasho ka dib, sonkorta dhiiggaagu waxay u badan tahay iney caadigeedii hore ku noqoto.

Sonkorta dhiiggaaga waxaa la baari doonaa 6 toddobaad ka dib markaad dhashoka ama markaad joojiso naas nuujinta.

Haweenka qabay kaadi sonkorowga ilmuhuna uurka ku jiray waxay leeyihiin xaddi sarreeya ee ah kaadi sonkorowga Nooca 2 goor danbe oo noloshooda ah. Yaree khatartaada adigoo ku jiraya miisaan caafimaad leh, jir-dhis, cuntooyin caafimaad lehna cunaya. Sonkorta dhiiggaaga ha lagaa baaro ugu yaraan hal mar sanadkiiba ama sida dhakhtarku uu yiraahdo.

**Talk to your doctor or nurse if you have any questions or concerns.**

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**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.**

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