

# 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

## Signs

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

# 임신 중 당뇨병

당뇨병이 있으면 먹은 음식이 에너지로 제대로 가지 않습니다. 임신 중 당뇨병이 있으면 임신성 당뇨병이라고 부릅니다.

음식을 먹으면 우리 몸은 음식을 글루코스라고 부르는 일종의 에너지 형태로 분해합니다. 글루코스는 설탕과 같은 말입니다. 글루코스가 혈액으로 들어가면 혈당이 올라갑니다.

인슐린은 췌장에서 만드는 호르몬입니다. 인슐린은 글루코스가 혈액에서 몸의 세포로 이동하게 만들어 에너지로 사용할 수 있게끔 도와줍니다. 인슐린이 없으면 살 수 없습니다.

## 임신 중 당뇨병

당뇨병이 있으면 산모나 아기는 먹는 음식으로부터 에너지를 얻을 수 없습니다. 임신 중 혈당이 높으면 산모와 아기 모두에게 해롭습니다. 글루코스 레벨을 확인하기 위하여 혈액검사를 받게 될 것입니다.

치료하지 않으면 임신성 당뇨병이 초래할 수 있는 결과:

- 아기가 비대해져서 분만이 어려워진다
- 선천성 결손증
- 출산 직후 아기의 혈당이 낮아 아기에게 해롭다
- 아기가 호흡 곤란

## 증상

혈당이 높아도 그 증상이 나타나지 않을 수 있습니다. 임신 중 글루코스 검사에 관하여 의사와 상의하십시오.

## **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.

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

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

## 관리 방법

목표는 혈당을 조절하는 것입니다. 임신 기간 중 산모와 아기의 상태를 의사가 면밀히 관찰할 것입니다.

혈당이 높으면:

- 균형있는 식사를 하십시오. 영양사나 간호사가 식이요법을 말해 줄 것입니다.
- 매일 운동을 하십시오.
- 혈당을 자주 측정한 후 수치를 적어두십시오. 글루코스 측정기를 사용하여 혈당을 검사하는 방법을 배우게 될 것입니다.
- 환자가 직접 인슐린 주사를 자신에게 주입해야 할 필요도 있습니다. 그런 경우에는 간호사가 어떻게 하는지 가르쳐 줄 것입니다.

## 출산 후 산모의 건강

출산 후에 혈당치가 정상으로 돌아갈 것입니다.

출산후 6주나 또는 수유를 중단한후에 혈당을 검사받아야 합니다.

임신성 당뇨병이 있던 여성들은 나이 먹으면 Type 2 당뇨병에 걸리기 쉽습니다. 체중을 조절하고, 운동하고, 건강한 음식을 섭취함으로써 당뇨에 걸릴 위험을 줄이십시오. 혈당 검사는 일년에 최소한 1회 또는 의사의지시가 있는 경우 해야 합니다.

의문사항이나 신경 쓰이는 문제가 있으시면 의사나 간호사에게 말하십시오.

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Diabetes During Pregnancy. Korean