

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

Nañinmij in Tôñal ilo am Bôroro

Elañe kwôj Tôñal, Ânbwinôm ej maroñ jab jimwe an kajerbal Môñã ko kijôm ilo an kômman am Kajur. Elañe kwôj Tôñal ilo am Bôroro, enaj nae etan “Tôñal ilo Bôroro” (**gestational diabetes**).

Ilo am môñã, Ânbwinôm ej kajerbal Môñã ko jijôm bwe en walok Kajur in Ânbwinôm nae etan “Kluko” (**glucose**). Kluko (**glucose**) ej bar juôn etan Jukwa (**sugar**). Kluko en ej ilok ñan iloan Bôtôktôk eo am im “joñen Tôñal in Bôtôktôk” (**blood sugar**) eo am ej maroñ wônlôn lok.

“Injulin” (**Insulin**) ej “Juôn Dãn eo ej walok jen Aj eo Edik” (**a hormone made by your pancreas**). Ej jibañ Kluko en môkitkit jen Bôtôktôk eo am ñan iloan “Jel ko an Ânbwinôm” (**your body’s cells**) bwe Ânbwinôm en maroñ kajerbale ñan am Kajur (**energy**). Kwôjab maroñ mour elañe ejelok am “Injulin” (**insulin**).

Naniñmij in Tôñal ilo Ien eo kwôj Bôroro

Ilo am Tôñal, kwe im Niñniñ eo nejôm kwôjab tôbar lok Kajur eo kwôj aikwoje jen Môñã ko kijôm. Ilo an utiej joñen Tôñal ilo Bôtôktôk eo am ilo Ien eo kwôj Bôroro ej maroñ kokure euk im Niñniñ eo nejôm. Kwônaj teej joñen Tôñal ilo Bôtôktôk eo am bwe kwôn jelã joñen an elap Kluko eo am.

Elañe kwôjab kajerbal Uno, “Tôñal ilo Bôroro” (**gestational diabetes**), ej maroñ kômman bwe en walok Wãwin kein:

- Juôn Niñniñ eo elap an Kilep, im enaj bar elap am eñtan in kalôtoke
- Ej maroñ wor Abañ im “Bwôd ilo Lôtak” (**Birth defects**)
- Elap an drik “joñen Tôñal in Bôtôktôk” (**blood sugar**) ilo Niñniñ eo nejôm elikin lok Lotak en, inem ejab bar emmôn ñan Niñniñ eo nejôm
- Juôn Abañ ilo an Niñniñ eo nejôm menono

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.

Kakôlle ko

Ej maroñ ejelok Kakôlle ko ekijien an Uitej joñen Tôñal ilo Bôtôktôk eo am. Kajitok iben Taktô eo am ekijien “Teej in joñen Klukoj ilo Bôtôktôk” (**glucose testing**) ilo Iien am Bôroro.

Wâwin am Kejbarok Euk

Juon Katôbar eo am, ej bwe kwôn bukôt Kilen bwe en jab Utiej Joñen Tôñal ilo Bôtôktôk eo am. Taktô eo am enaj lale Wâwin am Bôroro ke kwôj Kurae im enaj lukun kejbarok an teej euk im Niñniñ eo nejôm.

Elañe ej utiej joñen Tôñal in Bôtôktôk eo am:

- Mônia wôt Kôkôn ko rej emmôn ñan Mour. Juôn Armij ejelâ Wâwin Mônia, ak juôn Nôj enaj jibañ euk bwe kwôn “karôke ta wôt en kwônaj môña” (**plan your diet**).
- Kômmalmel ilo kajojo Ran.
- En lôñ Alen am teej joñen Tôñal ilo Bôtôktôk eo am im kômman juôn Lajrak in Alikar ko ilo juon Peba. Kwônaj ekatak Kilin am teej joñen Tôñal ilo Bôtôktôk eo am ilo am kajerbal juôn “Kein teej joñen Tôñal ilo Bôtôktôk” (**glucose meter**).
- Kwôj maroñ aikwôj kajerbal “Wâ in Injulin ko” (**insulin shots**). Elañe kwônaj aikwôj kajerbal Wâ, inem juôn Nôj enaj katakin euk Kilin am kaberbale Wâ ko.

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.

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Ejmour eo am elikin an lôtak Niñniñ eo nejôm

Elikin an lôtak Niñniñ eo nejôm, “joñen Tôñal in Bôtôktôk” (**blood sugar**) ekâ wôt an bar rol lok ñan an “Emmôn Joñen” (**normal**).

Renaj teeje “joñen Tôñal ilo Bôtôktôk” (**blood sugar**) eo am 6 Wiik elikin am Kalôtak ak elikin am kajômlök am kaajiriri ilo Tittôt (**breastfeeding**).

Kôrå ro rar nañinmij iben “Tôñal ilo Bôroro” (**gestational diabetes**) ej elap lok aer maroñ tôbar “Tôñal en Kein ka Ruo” (**Type 2 diabetes**) ke rej rutto lok. Kwôn kadrik lok Wåwin am maroñ tôbar Naninmij in, ilo am kejbarok bwe en jab elap am Kilep lok, ilo am kômmalmel, im ilo am môñâ Kôkan ko rej ekkôr ñan Ejmour eo Emmôn. Ilok bwe ren teeje joñen Tôñal ilo Bôtôktôk juôn Alen ilo juôn Iiô, ak ainwôt ke Taktô ej kôrôke bwe kwôn ilok in teej.

Konono iben Taktô eo ak Nôj eo am elañe ewor am Kajitôk ak am Inebata.

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