

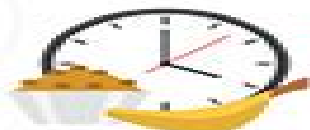
5 WAYS TO STAY HEALTHY WITH

GESTATIONAL DIABETES

Pregnancy is filled with many happy milestones, but receiving a gestational diabetes diagnosis may raise some questions. Here are some tips that will help you have a happy and healthy pregnancy, even with gestational diabetes.

1. Create a healthy carb strategy.

Swap out refined carbohydrates such as white bread, candy and soda for fiber-filled alternatives like whole grain bread, fruits and vegetables. Keep your blood sugar steady by spreading your carb intake throughout the day.



2. Eat small meals throughout the day.

Opt for small meals or low-carb snacks every two to four hours instead of having three large meals a day.

3. Stay active throughout pregnancy.

Exercise regularly. Even a short 10-minute walk after every meal can make a huge impact.



4. Keep an eye on your glucose levels.

Check with your doctor on how frequently you should measure your blood sugar levels.



5. Share your diagnosis with your primary care doctor.

Women with gestational diabetes have higher chances of developing Type 2 diabetes later in life, so stay in contact with your primary care doctor.



The Official Patients Sourcebook On Gestational Diabetes

SJ Ball



The Official Patients Sourcebook On Gestational Diabetes:

The Official Patient's Sourcebook on Oropharyngeal Candidiasis ,2002 This book has been created for patients who have decided to make education and research an integral part of the treatment process Although it also gives information useful to doctors caregivers and other health professionals it tells patients where and how to look for information covering virtually all topics related to oropharyngeal candidiasis also Candidiasis oral Candidosis Monilia Moniliasis Moniliasis oral Thrush from the essentials to the most advanced areas of research The title of this book includes the word official This reflects the fact that the sourcebook draws from public academic government and peer reviewed research Selected readings from various agencies are reproduced to give you some of the latest official information available to date on oropharyngeal candidiasis Given patients increasing sophistication in using the Internet abundant references to reliable Internet based resources are provided throughout this sourcebook Where possible guidance is provided on how to obtain free of charge primary research results as well as more detailed information via the Internet E book and electronic versions of this sourcebook are fully interactive with each of the Internet sites mentioned clicking on a hyperlink automatically opens your browser to the site indicated Hard copy users of this sourcebook can type cited Web addresses directly into their browsers to obtain access to the corresponding sites In addition to extensive references accessible via the Internet chapters include glossaries of technical or uncommon terms

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