

Diabetes in pregnancy and Diabetes in children

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ABSTRACT: During pregnancy, if blood sugar levels rise than usual than it is known as gestational diabetes. Every year about 10% of women are affected by it in U.S. Gestational diabetes has two classes: class A1 (which can be cured by diet and exercise) and class A2 (which will need insulin and other medications). It can affect the health of the baby such as jaundice or breathing problems and increases the risk of having type 2 diabetes. Gestational diabetes doesn't have such particular symptoms but it can be noticed by feeling more thirsty, hungry and peeing than usual. It occurs because during pregnancy, the placenta of a woman makes hormones that will increase the glucose level in the blood. There are some risk factors of it such as overweight before pregnancy, pre-diabetes, family member with diabetes, having PCOS, blood pressure, high cholesterol, heart disease or any other, giving birth to a large baby weighing more than 9 pounds, any miscarriage or being older than 25. It usually occurs in the 2nd half of pregnancy. To control it one has to check blood sugar levels 4 or 5 in a day, eat a healthy diet and do exercise regularly. To prevent it eat a healthy diet, stay active and lose extra weight.

Children can get both type 1 and type 2 diabetes. Type 1 diabetes is an autoimmune form of diabetes that often starts in childhood and it is also called juvenile diabetes. Symptoms of this type of diabetes in children are increased thirst, frequent urination, extreme hunger, unintentional weight loss, fatigue,

irritability or behavior changes and a fruity smelling breath. Its risk factors are family history, genetics, race and certain viruses. Its complications are heart and blood vessel disease, nerve damage, kidney damage, eye damage and osteoporosis. Its prevention is to control blood glucose level, teaching a child the importance of eating a healthy diet and benefits of regular exercise and scheduling regular visits with the child's diabetes doctor. Type 2 diabetes is rare in children but common in adults. It is a chronic disease in children. Its symptoms are increased thirst and frequent urination, fatigue, blurry vision, darkened areas of skin and weight loss. Its risk factors are weight, inactivity, family history, race or ethnicity, age or sex, birth weight and gestational diabetes and pre-term birth. Its complications are high blood pressure, high cholesterol, heart and blood vessel disease, stroke, nonalcoholic fatty liver disease, kidney disease, blindness and amputation. It should be prevented when the child will encourage to eat healthy foods and get more physical activity.

Key words: gestational diabetes, type 1 diabetes, juvenile diabetes, type 2 diabetes and chronic disease.



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