Gestational Diabetes

Gestational diabetes is usually a temporary condition during pregnancy. Hyperglycaemia (too high blood glucose) that is first detected during pregnancy is classified as gestational diabetes and is most often presents in 2nd or 3rd trimester of pregnancy. Gestational diabetes arises due to insulin resistance as a result of hormone production by the placenta. Other risk factors for Gestational diabetes include older age, being overweight and a family history of diabetes. Where diabetes is diagnosed in the 1st trimester, it is likely the diabetes existed prior to pregnancy but was undiagnosed.

If you’re already a diabetic and become pregnant, you are at an increased risk of developing diabetes-related retinopathy, if you have diabetes-related retinopathy and become pregnant your diabetes-related retinopathy may progress more quickly. This is a result of the hormonal and metabolic changes that occur during pregnancy, making the disease and its complications progress more rapidly. It is recommended that you see a retinal specialist for evaluation and monitoring.