

## **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 2<sup>nd</sup> or 3<sup>rd</sup> 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 1<sup>st</sup> 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.