

Self-Care Practices for Women with Gestational Diabetes

Diabetes is a demanding disease; Gestational diabetes is defined as carbohydrate intolerance of variable severity first recognized during the present pregnancy. This includes women with preexisting but previously unrecognized diabetes. Management goals of gestational diabetes include Achieve maternal near normoglycemic level to prevent adverse perinatal outcomes and provide precon- ception care for women with a history of GDM.

Keywords: Gestational Diabetes; Management Approaches; Self-Monitoring