

Soundbite Script – No Sugarcoating It

Dr. Jamie Plett, OB/GYN, OSF HealthCare

“Gestational diabetes is just like diabetes of any other sort. It's where your body doesn't produce the correct amounts of insulin to deal with the amount of glucose or sugar that's in your blood. The difference with gestational diabetes is that it happens only during pregnancy and tends to resolve after the pregnancy is over.”

Dr. Jamie Plett, OB/GYN, OSF HealthCare

“There are controllable risk factors and then risk factors that are really not under your control. So genetics plays a large part in whether development of gestational diabetes will occur or not, but also things like exercise, how much weight you gained during the pregnancy, and also what types of foods you eat during the pregnancy can lead to higher risk for gestational diabetes.”

Dr. Jamie Plett, OB/GYN, OSF HealthCare

“Sometimes it leads to an increase in baby's weight which can lead to things like high risk for C-section. But with the mother, again, if it's well controlled, it doesn't really change things long term except for the fact that they're at higher risk to develop diabetes later in life. But during the pregnancy, obviously it is going to depend a lot on their changing their dietary habits. Moms also have to check their sugars to see if they're within range to know what dietary habits need to be changed or what exercise can help control that.”

Dr. Jamie Plett, OB/GYN, OSF HealthCare

“I think the biggest thing that comes away from a diagnosis of gestational diabetes is that women are frustrated that it's happened to them because a lot of times it's things that are out of their control. Also that it's very easily treatable and manageable. Most people realize that it's not as big of a deal as they think it's going to be. Some women do end up on medication, but a lot of it is a few small dietary changes, and so it's not as cumbersome as they thought it would be to treat and take care of themselves during pregnancy.”