

CONCEPT: POTENTIAL COMPLICATIONS DURING PREGNANCY

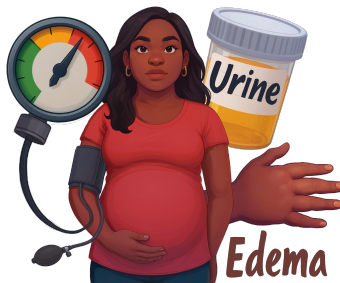
◆ Pregnancy can pose the risk of several serious disorders, including:

Gestational Diabetes



Pregnant mother becomes _____-resistant (leads to hyperglycemia & may cause complications).

Preeclampsia



Sudden _____ in maternal blood pressure, often with edema & protein in urine (may cause fetal/maternal complications).

Eclampsia



Life-threatening progression of preeclampsia marked by _____, stroke, & organ failure.

◆ Adequate nutrition & regular physical activity _____ the risk of these disorders.

EXAMPLE

Which of the following is a risk associated with gestational diabetes?

- a) Macrosomia (larger-than-normal baby, increasing likelihood of the need for Cesarean delivery).
- b) Increased risk of the child becoming obese in later life.
- c) Increased risk of the child developing type 2 diabetes in later life.
- d) All of the above.

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PRACTICE

Sandra is 14 weeks pregnant & she is aware of the risk posed by gestational diabetes, as she has a family history of the condition. What is the best course of action to reduce the risk of developing gestational diabetes?

- a) Do intense exercise every day & completely cut out all carbohydrates from her diet.
- b) Get >150 minutes of low/moderate intensity exercise per week, try to reduce added sugar intake & eat nutrient-dense foods.
- c) Stretch frequently & do plenty of abdominal & lower body strengthening exercise.
- d) Take folic acid supplements.

PRACTICE

Which of the following is NOT a symptom of preeclampsia?

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| a) High blood pressure. | c) Protein in urine. |
| b) Abnormally large fetus. | d) Edema. |