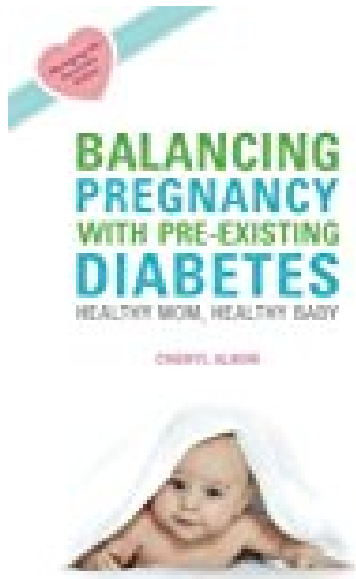


Balancing Pregnancy with Pre-existing Diabetes Healthy Mom Healthy Baby



BOOK DETAILS

- Author : Cheryl Alkon
- Pages : 198 Pages
- Publisher : Demos Health
- Language : English
- ISBN : 1932603328

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BOOK SYNOPSIS

A down-to-earth insider's guide to a healthy pregnancy with diabetes Thinking about having a baby but worried about your type 1 or type 2 diabetes? There's a reason for concern: uncontrolled diabetes can lead to health complications for both women and their children. But keeping a tight rein on your blood sugars before and during pregnancy can help reduce if not eliminate the risks. *Balancing Pregnancy with Pre-Existing Diabetes* explains exactly how to have the healthiest pregnancy possible while balancing the rigors of insulin, diet, exercise, and blood sugar control that are the foundation of diabetes management. Author Cheryl Alkon has lived with type 1 diabetes for more than 30 years, and brings a wealth of understanding to the subject. Including the insights of more than 50 women with diabetes and leading medical experts, as well as the latest scientific research, *Balancing Pregnancy with Pre-Existing Diabetes* covers: Finding the right doctor Pre-pregnancy planning The first, second, and third trimesters Labor and delivery Managing your health needs with those of your child Infertility and pregnancy loss With this myth-busting resource, you'll be armed with the essential information, hope, and inspiration you need for a healthy pregnancy.

BALANCING PREGNANCY WITH PRE-EXISTING DIABETES HEALTHY MOM HEALTHY BABY

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