

# Managing Gestational Diabetes

1. **Diet** to prevent sugar spikes and ensure proper nutrition.
2. **Exercise** to increase insulin sensitivity and keep diabetes at bay.
3. **Medications or insulin injections** to help maintain stable sugar levels.
4. **Prenatal Vitamins** to support the baby's growth and prevent birth defects.
5. **Good Habits** frequent blood sugar levels checks.



# Gestational Diabetes Treatment Guidelines

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Sobrevia**

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