



blood sugar levels or signs of fetal distress [8- 10], timely intervention and collaboration with specialists may be necessary to ensure the best possible outcomes.

### Conclusion

Gestational diabetes requires a proactive approach to management that integrates medical expertise with lifestyle adjustments. By adhering to prescribed treatments, making necessary lifestyle changes, and maintaining regular communication with healthcare providers, mothers can effectively manage their condition and minimize associated risks. Through education and support, gestational diabetes can be navigated with the goal of promoting maternal and fetal health throughout pregnancy and beyond.

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