



Balancing Pregnancy with Pre-existing Diabetes: Healthy Mom, Healthy Baby

Cheryl Alkon

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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.

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Patricia Ables:

The actual book Balancing Pregnancy with Pre-existing Diabetes: Healthy Mom, Healthy Baby will bring one to the new experience of reading some sort of book. The author style to spell out the idea is very unique. In the event you try to find new book you just read, this book very acceptable to you. The book Balancing Pregnancy with Pre-existing Diabetes: Healthy Mom, Healthy Baby is much recommended to you you just read. You can also get the e-book from the official web site, so you can more easily to read the book.

Nancy Royals:

Playing with family in a very park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, subsequently why you don't try matter that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Balancing Pregnancy with Pre-existing Diabetes: Healthy Mom, Healthy Baby, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't get it, oh come on its referred to as reading friends.

David Blackwood:

Balancing Pregnancy with Pre-existing Diabetes: Healthy Mom, Healthy Baby can be one of your nice books that are good idea. We recommend that straight away because this reserve has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to put every word into pleasure arrangement in writing Balancing Pregnancy with Pre-existing Diabetes: Healthy Mom, Healthy Baby nevertheless doesn't forget the main point, giving the reader the hottest as well as based confirm resource details that maybe you can be among it. This great information can certainly drawn you into new stage of crucial imagining.

Michael Slay:

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