

## **THE EFFECT OF TYPE 2 DIABETES ON PREGNANCY**

Dilnura Tursunova Akram qizi

Samarkand State Medical University, 5th Year

Zunira Eshonkulova Jamolidinovna

Samarkand State Medical University, 5th Year

Fariza Sadikova Ashrafovna

Samarkand State Medical University, 5th Year

### **ABSTRACT**

Type 2 diabetes, also known as insulin resistance, is a disease in which the body can't make the hormone insulin work properly. This disease is mainly associated with overweight, lack of physical activity and genetic factors. Type 2 diabetes is most common in young adults and middle-aged people, but it can also develop in children. Type 2 diabetes can cause a number of problems for mothers and their babies during pregnancy. This article provides detailed information about the effects of type 2 diabetes on pregnancy, its complications, diagnosis and treatment methods.

**Keywords:** Pregnancy, diabetes, insulin, glucose, infections, pain, childbirth.

### **INTRODUCTION**

Many changes occur in the body during pregnancy. These changes, especially in the endocrine system, lead to significant changes in insulin production and their effects. Women with type 2 diabetes develop insulin resistance, which can lead to high blood sugar levels. Therefore, if the glucose level in the mother's body is not controlled during pregnancy, it can pose a serious risk to the mother and the child.

### **MATERIALS AND METHODS**

The consequences of type 2 diabetes during pregnancy can cause a number of complications. One of the biggest risks is the development of gestational diabetes. Gestational diabetes is a form of diabetes that occurs during pregnancy. This condition usually disappears after pregnancy ends, but the development of this condition can lead to type 2 diabetes. Gestational diabetes is associated with elevated blood sugar levels during pregnancy, which can cause serious problems for both mother and child. Pregnant women with type 2 diabetes are mainly at increased risk of high blood pressure, preeclampsia (high blood pressure during pregnancy and other complications) and infections in the mother's body. These conditions can have a negative effect on the delay of pregnancy, the complication of the birth process and the health of the child. Children who are born can usually be overweight, which complicates the birth process.[1]

### **RESULTS AND DISCUSSIONS**

Diagnosing and treating type 2 diabetes during pregnancy is very important. For this, it is necessary to regularly check the blood sugar level before pregnancy and during pregnancy. If

a woman has type 2 diabetes, she should consult a doctor and take the necessary measures to control her health. It is important to control blood sugar levels through diet, physical activity and, if necessary, medication. It is important to have a proper nutrition plan to manage type 2 diabetes during pregnancy. When choosing foods, you should pay attention to the glycemic index. This means choosing foods that do not raise blood sugar levels too quickly. Vegetables, whole grains, protein-rich foods, and healthy fats should be included. Sweets and fast food should also be avoided. Physical activity also plays an important role in the treatment of type 2 diabetes. During pregnancy, light exercise such as walking or swimming as recommended by your doctor can help control blood sugar levels. However, it is important to consult a doctor before beginning any physical activity.[2]

Psychological support is also important to keep type 2 diabetes under control during pregnancy. During pregnancy, women may worry about their health and the health of the child. Therefore, psychological support and counseling can help reduce stress and improve overall health.[3]

After childbirth, women with Type 2 diabetes should continue to control their health. In the process of caring for a born child and becoming a mother, it is important to control blood sugar levels, consult a doctor regularly and, if necessary, take medications. It is also necessary to control the health of the child born, since mothers with Type 2 diabetes can increase the risk of developing diabetes in children.[4]

## **CONCLUSION**

Type 2 diabetes can be very dangerous for mothers and their babies during pregnancy. This condition is accompanied by increased insulin resistance and increased blood sugar levels, which can lead to the development of gestational diabetes. Women with type 2 diabetes are at increased risk of developing high blood pressure, preeclampsia, and infections during pregnancy. Children born may be overweight, which complicates the delivery process. Diagnosing and treating type 2 diabetes during pregnancy is very important. Blood sugar levels can be controlled by eating right, being physically active and seeing a doctor regularly. Psychological support also plays an important role, because mothers can worry about their health and the health of their child. It is important for mothers to continue to take care of their health after giving birth.

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