SWEET Success

California Diabetes and Pregnancy Program

Tip of the Month
~ # 1 ~

Identifying STRESS

The negative effects of stress often go under our radar. But can any woman who is pregnant and has gestational diabetes NOT have some stress?

How might you know that your patient is feeling stressed. Some of the signs are anxiety, anger, low-level depression, exhaustion, irritability, sleeplessness and social withdrawal. The consequences of this build-up of stress can be feelings of loss of control and helplessness, a suppressed immune system, ulcers, elevated heart rate and blood pressure, poor attention, memory problems and other health issues.

Are you missing the clues that your patient is stressed? Are you focused on her 'noncompliance' or her difficulty with her regimen. Are you feeling frustrated. Consider that she may have more stress than she can manage.

So, what is a busy and stressed-herself health professional to do after she has figured out that her patient is stressed and needs extra support? For starters, we would suggest that you make two minutes available to listen to her. Just listen to anything she has to say.

In the months to come, we will be continuing this conversation about stress. We will provide information and more ideas and suggestions on what you can offer to your patients who are pregnant and stressed.

Thank you for all the dedicated work that you do at Sweet Success.