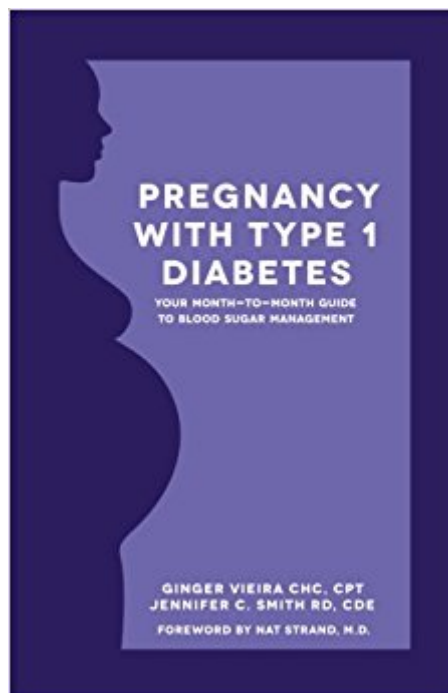




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# Pregnancy With Type 1 Diabetes: Your Month-to-Month Guide To Blood Sugar Management



## Synopsis

Managing type 1 diabetes during pregnancy is an incredibly overwhelming yet rewarding pursuit. It's about so much more than just counting your carbs and getting exercise. Due to constantly increasing hormones during pregnancy, your insulin needs constantly change, too. While no two women's pregnancies will be alike, the timing of those anticipated insulin adjustments will be similar. In this book, Ginger Vieira and Jennifer Smith, CDE & RD, guide you through preparing for pregnancy, from conception to birth, and through the challenges of managing your blood sugars during postpartum. REVIEWS: "Wow, there's so much information! The first part of the book, Preparing for Pregnancy, is presented quite well. It gives a WWT1D all the information she needs to prepare for pregnancy. But, I have to say, having lived vicariously through three pregnancies I think the Month-To-Month guide is brilliant. It should be read twice. First, all at once, to help a woman plan and prepare for the different stages of pregnancy. Then, slowly, as each phase opens and each experience becomes as emotional as it is physical. A wonderful guide. The personal testimonials that close out the book are a very nice touch." -Victor Van Beuren, Senior Acquisitions Director of ADA Books "If you have type 1 diabetes and are contemplating having a baby, before you do anything—and that means anything at all—make sure you grab a copy of Pregnancy With Type 1 Diabetes by Ginger Vieira, CHC, CPT and Jennifer C. Smith, RD, CDE. The book is subtitled 'Your Month-to-Month Guide to Blood Sugar Management,' but it's so much more, it will likely be referred to as 'the Type 1 pregnancy bible' before long." -Nancy Kaneshiro, DiabeticLifestyle.com "Ginger and co-author Jennifer Smith wanted to create a guide specifically designed to help women with type 1 diabetes meet those challenges. As mothers with diabetes themselves, they know what it's like to feel the fear of being pregnant while managing diabetes. Ginger has lived with type 1 diabetes and celiac disease since 1999, has written several books about diabetes, and is part of the editorial team at DiabetesDaily.com. Jenny, a Certified Diabetes Educator and Registered Dietitian, has lived with type 1 diabetes since 1990 and works as a diabetes coach for people across the globe. They will both soon be mothers of two children (Ginger is expecting her second child in May!). Their book Pregnancy with Type 1 Diabetes is not just an informative tool and resource, but is also a source of personal support, encouragement, and inspiration for all mothers-to-be with type 1 diabetes." -Amelia Dmowska, diaTribe.org

## Book Information

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## Customer Reviews

**ABOUT GINGER:** Ginger Vieira is an author, freelance writer and health coach who has lived with type 1 diabetes and celiac disease since 1999, and diagnosed with fibromyalgia in 2014. In addition to being Editor Emeritus at DiabetesDaily.com, Ginger is the author of "Dealing with Diabetes Burnout," "Emotional Eating with Diabetes," and "Your Diabetes Science Experiment." Ginger lives in Vermont with her husband, Roger, and their daughter, Lucy. They are expecting their second child, Violet, in May 2017. Visit DiabetesDaily.com to read more from Ginger.

**ABOUT JENNY:** Jennifer Smith is a Certified Diabetes Educator and Registered Dietician who has also lived with type 1 diabetes since 1990. Jenny works via Skype with anyone across the globe on diabetes management goals including: managing blood sugars during pregnancy, marathon and triathlon training, general diabetes management, weight-loss and nutrition goals, and training on using your insulin pump and continuous glucose monitor. Jenny lives in Wisconsin with her husband, Nathan, and their sons Oskar and Conan. Visit IntegratedDiabetes.com to work with Jenny.

Still currently reading this book and I absolutely love it. I am not pregnant but in the process of trying. I love all of the information it has given me. Minus one star for all of the typo's. I hate to be a hater for that but like, didn't anyone proofread? lol

So much great, helpful information! I've read it twice and now pull the book out weekly to follow Ginger and Jennifer's week by week journal of their journey with pregnancy and T1D.

Great book for diabetes,

Very informative and good sense of humor in this book. The only thing that bothered me was the amount of typos. There were a lot! Thanks for a great book though.

I cried reading this because I had a tough pregnancy with type 1 diabetes and everything I worried about, wondered about, and was caught off guard by is ALL addressed in this book!!! Women with diabetes need different types of support when pregnant. The technical aspect regarding what to expect and how to handle changes and how they will impact blood sugar levels are necessary and this book covers everything I can think of (and I write about diabetes for a living). However, because women also have a huge emotional weight regarding what their blood sugar levels can potentially do to their precious unborn children, getting help with this aspect is also crucial. In this book, you get to follow Ginger, who is a wonderfully positive but realistic guide, along in her diary during her pregnancy and so you get the feeling that you're not alone, that these feelings are perfectly normal, and that others have been through this before. There is also a lot of information and guidance surrounding the worry and intense feelings that a diabetic pregnancy can conjure up. I was struck by how professional, detailed, complete, and yet warm and friendly this book is. It's true, pregnancy with type 1 diabetes can be scary and challenging but with this resource a woman can feel confident that she knows what she needs to know in order to do it safely and successfully.

Nothing compares to a book which so closely mirrors the reality of a T1 pregnancy! I have found it full of invaluable detail. It is reassuring to know that what I've experienced so far is typical as well as what to expect in the coming months with insulin absorption and resistance, digestion and other T1 specific pregnancy details. This should be provided to all T1 pregnant ladies by their obstetricians!

Fabulous book, Ginger has thought and detailed EVERYTHING for prospective T1D moms!!

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