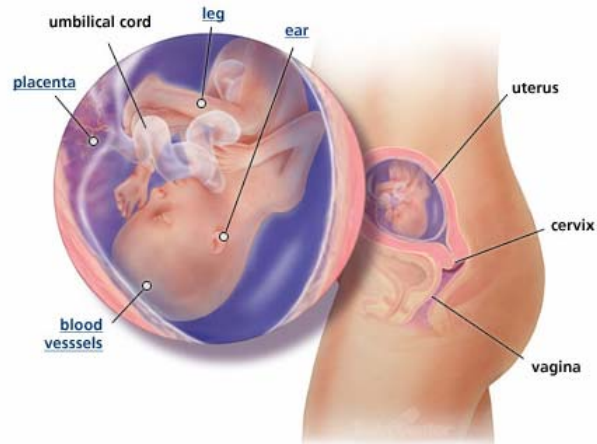


## Our TTC Journey Week 18 – March 14<sup>th</sup> – March 20<sup>th</sup>, 2008



Ever since last weekend I am feeling flutters all day long now. Especially when I eat. My new medication Glyburide is working great and my sugars are staying low. I am still watching my diet to make sure I eat the right food at the right time, but am so glad that the medication is finally working. I've come off the Metformin completely. That's a great thing too. It would sometimes upset my stomach.

Head to bottom, your baby is approximately 5 1/2 inches long (about the length of a bell pepper) and she weighs almost 7 ounces. She's busy flexing her arms and legs — movements that you'll likely start noticing more and more. Her blood vessels are visible through her thin skin and her ears are now in position and stand out from her head.



Myelin (a protective covering) is beginning to form around her nerves, a process that will continue for a year after she's born. If you're having a girl, her uterus and Fallopian tubes are formed and in place. If your baby is a boy, his genitals are noticeable, though he may hide them from you during an ultrasound.

March 14<sup>th</sup> – Today I took another belly shot (in the white shirt). I didn't think there was a huge difference in the weeks going by, but if you put this against the 15 week belly picture (in the blue shirt), you can definitely notice something. The bottom has popped out



Beanlette's Corner

and is getting larger. I now have to sleep with the body pillow. Since the weather is getting warmer I'm also not as freezing anymore. I still listen to the baby's heartbeat with the Doppler. It is so easy to find the heartbeat now!

March 15<sup>th</sup> – Today we went Maternity tops shopping. I'm not going to discard my pre-pregnancy tops, but instead will keep them aside to aid me in choosing clothing. The tops (like the white shirt) are great for showing off my belly, but not so good for wearing to work.

March 16<sup>th</sup> – I'm not panic stricken but I have a weird dull ache feeling in my abdomen. Ok to be specific its on my left side. About 3" below the belly button (latitude) and directly at the center of my left leg (longitude). Put those cross hairs together and you've got the location of a handprint sized ache on my left side. Sometimes when I get up I have to hold my tummy now (for the last week or so) because I feel that its a bowling ball and can notice the extra weight in my tummy. I know, too weird right?

I will probably call the docs office on Monday. Just to make sure that all is well. I'm sure it is a cousin of the round ligaments tightening cause now the baby weighs about 1/2 pound. And the fluid and placenta ... that is more weight in that region than normal.

The sugar doc said that she recalls a similar feeling like that. I told her its not a sharp pain that requires Tylenol. But it is noticeable that I've to hold my tummy now, especially when laying flat. I'm sure I'm not explaining this right. Oh and today I'm sooo tired. I took two naps and had a slight headache. It did rain overnight. Perhaps it's the weather.

March 17<sup>th</sup> – The Peri nurse said that the weird pain I'm feeling is just "my body getting used to being pregnant". So yay, its not anything to worry about. I didn't think it was, I just noticed that the dull ache just never went away. It had been occurring for a week or so. She said to let her know if I loose feeling on one side of my body, if the pain is very sharp, or if there is blood. I said that nope, all was well, it was just an odd ache. She said yeah, they only get better. My sugars have been good lately. I think it's the new medicine. Today was the big boss's birthday, so we had cake. And my sugars were still 116. That's awesome!

March 18<sup>th</sup> – The Glyburide is still working, thankfully. I'm finding it difficult to keep room for my bedtime snack after dinner each night. I mean sheesh. I'm hungry at dinner, so I'll eat and eat .... But by the time that I'm finished with dinner, I forget to save room and I'm stuffed even when it comes time for a snack. So if I'm not hungry that's why I drink milk for my snack. But I do try to eat something, so I don't wake up in the middle of the night hungry.

March 19<sup>th</sup> – I got my new tooth today and it is better than the temporary, but I think it is still sitting a little high. My sugars are still doing good. I'm feeling the baby move all day long now. The baby was moving this morning, even before I had breakfast. I wonder what woke the little critter up. I use the body pillow at night to help keep myself off of my stomach. Sometimes it gets in DH's way. And I do apologize for that. Things are going well. My medicine is working, and my averages (after the glyburide started to work ... after the first few days) are looking great!

March 20<sup>th</sup> – my sugar doc said that I'm doing really well. And the nurse said that she's sensitive to Splenda too. It raises her sugar wayyyyyyyyyyyyyyy too high. So whew, I'm not the only one that's sensitive to it.

Although while flipping through the meter, she looked at my book and my numbers and found DH's fastings in there. She gasped and said OMG what is this? I told her that DH took his sugars one morning. She said omg get him to a doctor right away, he's a diabetic. I said how do you know .... she said with all these high fasting numbers (132, 122, 123) that it no doubt is a db patient.

So thankfully DH is going tomorrow. The sugar doctor said that she'd be happy to accept DH as a patient too and give him a sugar class.

I think the baby did it ..... you know couples that have been together start to act like one another. Well the baby might have just saved his cardio system by catching this early.

Anyhow they said my meal plans look good. I could stand to get more veggies in, but that overall it looks much better than 90% of the patients they see in there. She said after 20w my glyburide might start to slip, and again after 28w, it might start to fail a little bit then too. its not my fault or the medicines fault, its the placenta hormones, so i'm to go back in 3 weeks. but if my sugars start creeping again, then i have to call them and come in sooner. they can work with my docs office to adjust my medication.

I learn so much from the nutrition doctor. She said that liquid is absorbed and will shoot your sugars higher quicker than food. So lets compare chocolate milk vs cake with icing. Both are sugary and both are some of my favorite foods.

Ok, lets pretend that we've got equal amount of carb sugars in the choco milk and the cake.

The choco milk will hit your blood sugar stream in 30-60 minutes.

The cake will take 2-3 hours to spike your sugars!!!

YES !!

Its the fat in the icing. It slows down the sugar absorption. So she was happy that Id rather have cake instead of choco milk. But I never knew that liquids could hit that fast.

So the day I ate cake, I tested 15 minutes after starting the cake ... and the sugars were 116.

she said that if the cake really did throw me for a loop then I would have seen the dinner number that night still high, cause it would take longer to digest. And my dinner number was 119. So she said that im prob just sensitive to sweets in the am, and to eat all desserts (if i had to eat them at all) in the afternoon and evenings.

In 3 weeks I go back. I told them that i notice that if i wait till 9 hours after my bedtime snack to take a fasting reading that my fasting sugars start to increase. She said to watch this time ... and if they are still high, then we might give more glyburide at night only , especially if the day numbers still look good.

Overall a great appt, and whew, glad to know that I'm doing things right