

# Gestational Diabetes



Leading physiological birth advocate, Author, Obstetrician and all round incredible human being for the books and work he has done to support birth states :

"Gestational diabetes is a typical example of a term with a strong nocebo effect. It has the power to transform a happy pregnant woman into an anxious or depressed one ... One of the side effects of the term 'gestational diabetes' is to transform the interpretation of the results of a test into a disease. The status of disease implies that complications have been identified.

It is commonplace to claim that macrosomia (a big baby) is the main complication. This should be considered an association. It is obvious that the energy requirements of a big baby are not the same as the requirements of a small one: the mother, who must make a bigger effort than others, is labelled as having 'gestational diabetes' ... The nocebo effect of the term 'gestational diabetes' is becoming a serious issue. The use of enlarged criteria to interpret the tests is one of the reasons why the number of women diagnosed with gestational diabetes is increasing" (Odent 2013: 100-102).

## Vital articles to read on this subject :

<https://www.sarawickham.com/articles-2/gestational-diabetes/>

<https://midwifethinking.com/2018/03/20/gestational-diabetes-beyond-the-label/>

[https://www.thelancet.com/article/S0140-6736\(09\)61555-5/fulltext](https://www.thelancet.com/article/S0140-6736(09)61555-5/fulltext)

<https://www.thelancet.com/action/showPdf?pii=S0140-6736%2809%2961555-5>

## Listen to :

Podcast by the Midwives Cauldron ladies - Rachel Reed & Katie James

JUNE 26, 2021 KATIE JAMES AND DR RACHEL REED SEASON 2 EPISODE 11

<https://themidwivescauldron.buzzsprout.com/1178486/8766889-gestational-diabetes-the-pregnancy-perspective>

***Midwife Nadia says "I prefer the idea of prevention rather than treatment. From early on as your midwife, I love to talk about your diet, nutrition and supplements. Even once diagnosed with G.D, there is no reason why we can't monitor & work towards regulating your blood sugar levels through diet & lifestyle adjustments. You can also speak to Sara Ogbe Nutritionist for support."***