



the home of hypnobirthing

KGHYPNOBIRTHING INFORMATION SHEET

GESTATIONAL DIABETES (GDM)

It was Michel Odent (2013) that said of Gestational Diabetes – Is a diagnosis looking for a disease! Gestational Diabetes has long been the topic of discussion and controversy between evidence and practice and as noted by Odent 'It has the power to transform a happy pregnant woman into an anxious or depressed one'. Below are some excellent articles and resource to help in your decision making.

ARTICLES

Review and discussion around the current evidence - Sara Wickham (2020):
<https://bit.ly/2HyLPIq>

71 randomised controlled trials involving 23,154 pregnant women as discussed by S Wickham above - Cochrane Review (2020): <https://bit.ly/3frVeaZ>

Gestation Diabetes – Beyond the Label - Rachel Reed (2018/19): <https://bit.ly/3ftvZVw>

Article by Michel Odent published on the Mumanu website (2013) originally published in The Journal of Prenatal & Perinatal Psychology and Health (JOPPPAH) Volume 19, Number 2, Winter 2004: <https://bit.ly/33u727Z>

BOOKS

Gestational Diabetes - Deborah Hughes (2017), published by AIMS gives a balanced and evidence based.

WEBSITES

www.gestationaldiabetes.co.uk

This information was correct to the best of our ability at the time of writing but it does not constitute medical advice and the contents should be discussed with your health care professionals.