

WHAT'S THE DEAL WITH CESAREANS?



MANY CESAREANS ARE UNNECESSARY.

Cesareans can save lives but,

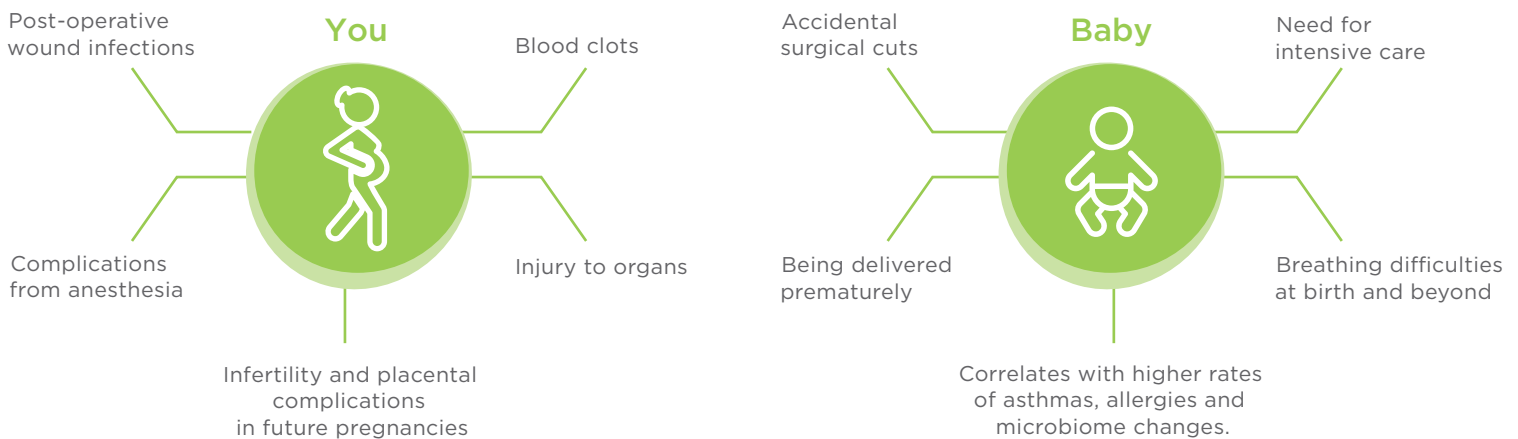
1 IN 3 PEOPLE¹



have cesareans in the U.S.

Much more than what UNICEF and the WHO recommends.²

WHAT ARE THE RISKS?³



HERE ARE A FEW WAYS TO REDUCE YOUR RISK OF CESAREAN, AND PUSH FOR BETTER CARE.



Get educated – take a Lamaze childbirth education class



Choose a provider and birth setting with low cesarean rates



Hire a doula for labor support



Let labor start on its own



Avoid “routine” interventions



Question a cesarean if you and your baby are in no immediate danger



Evaluate your options for vaginal birth after cesarean

VISIT WWW.LAMAZE.ORG TO LEARN MORE.



1. American College of Obstetricians and Gynecologists, Society for Maternal Fetal Medicine. (March, 2014). Retrieved from <https://www.acog.org/Clinical-Guidance-and-Publications/Obstetric-Care-Consensus-Series/Safe-Prevention-of-the-Primary-Cesarean-Delivery>
2. World Health Organization. (2015). WHO Statement on Cesarean Section Rates. Retrieved from http://apps.who.int/iris/bitstream/handle/10665/161442/WHO_RHR_15.02_eng.pdf;jsessionid=6A73B7977BD4E1A954126A9F7D84B848?sequence=1
3. Childbirth Connection and National Partnership for Women & Families. (2018). Cesarean Section. Retrieved from <http://www.childbirthconnection.org/giving-birth/c-section/>