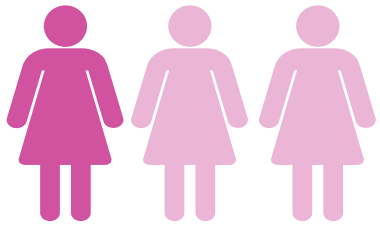


What's the Deal with Cesareans?

Many cesareans are unnecessary.



CESAREANS CAN SAVE LIVES BUT,

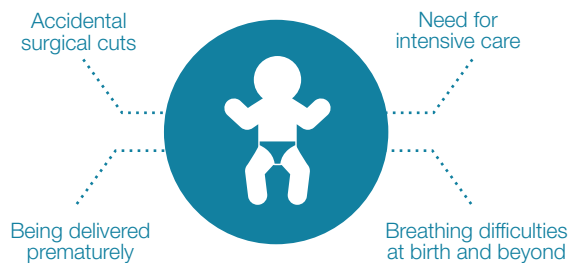
1 IN 3 WOMEN¹
HAVE CESAREANS IN THE U.S.
DOUBLE WHAT UNICEF AND THE WORLD HEALTH ORGANIZATION RECOMMEND.²

What are the risks?

MOMS



BABIES



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

Lamaze
International

Push
for your baby

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE.
VISIT WWW.LAMAZE.ORG/PUSHFORYOURBABY TO LEARN MORE.

¹ Childbirth Connection, "Why is the National U.S. Cesarean Section Rate So High?" December 2012. <http://www.childbirthconnection.org/article.asp?clc=10456>

² Chaillet, Nils, et. al. "Identifying barriers and facilitators towards implementing guidelines to reduce caesarean section rates in Quebec." World Health Organization, n.d. Web. 30 Aug. 2013. www.who.int/bulletin/volumes/85/10/06-039289/en/

³ Childbirth Connection, "Cesarean Section, Best Evidence: C-Section." <http://www.childbirthconnection.org/article.asp?ck=10166>

⁴ Lamaze International, "Five Tips for Avoiding a Cesarean" June 2011. <http://www.lamaze.org/p/bl/et/blogid=1 &blcoid=58>