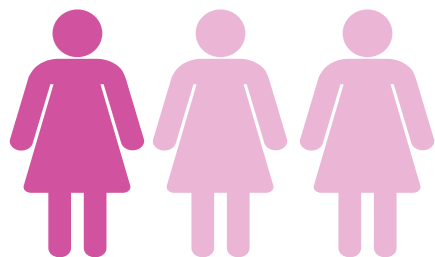


What's the Deal with Cesareans?

Many cesareans are unnecessary.



CESAREANS CAN SAVE LIVES BUT,

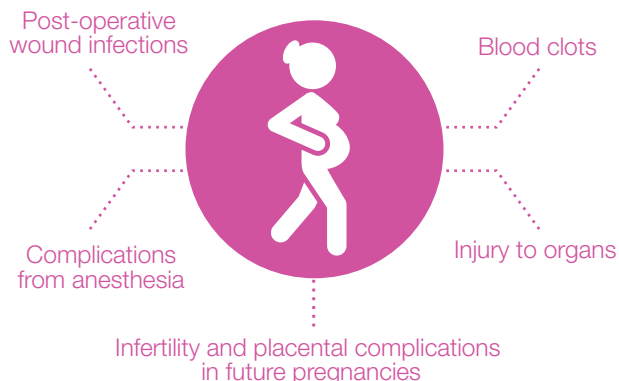
1 IN 3 WOMEN

HAVE CESAREANS IN THE U.S.

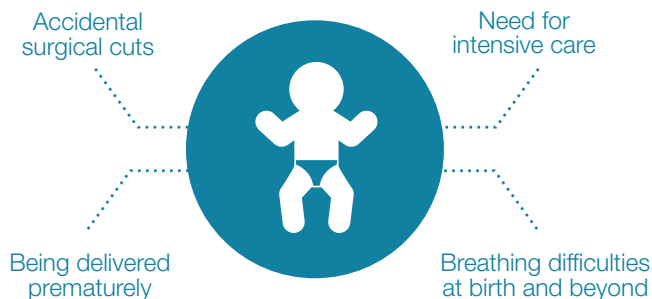
DOUBLE WHAT UNICEF AND THE WORLD HEALTH ORGANIZATION RECOMMEND.

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

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 Chaillot, Nils, et. al. "Identifying barriers and facilitators towards implementing guidelines to reduce caesarean section rates in Quebec." World Health Organization. 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&blocid=58>