

NICETTE JUKELEVICS
FOREWORD BY CHARLES MAHAN, M.D.

Understanding the Dangers of
**CESAREAN
BIRTH**

Making Informed Decisions



Nicette Jukelevics

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Description: Cesarean delivery - childbirth through an incision in the mother's lower abdomen - is now the most common major surgical procedure performed in the United States. No one argues over the fact that it can be a life-saving procedure when the baby or mother is at risk. But for almost three decades in this nation, cesarean deliveries have increased, without substantially better outcomes for babies or mothers. Experts warn that up to 50 percent of the more than 1 million C-sections performed here each year are unnecessary. And that is where Nicette Jukelevics, a certified childbirth educator, researcher and writer, steps in with this book. Jukelevics aims to give women the insights they need to make an informed decision about whether natural or C-section birth is best for them and their babies. She explains when C-sections are necessary, and when they are not needed. She also addresses the overuse and misuse of medical procedures that can complicate labor and lead to C-sections, as well as reasons

doctors may support or suggest C-sections, including outdated medical information, fear of liability, and economic advantages measured in doctors' time. This work also examines midwifery practices shown to safely reduce cesarean deliveries, but ignored or resisted by hospitals. *Understanding the Dangers of Cesarean Birth* will interest not only expectant and future parents, but also to students and scholars of women's health, nursing, and public health.

- **Endorsement From Christiane Northrup, MD, Author of *Mother-Daughter Wisdom*:** This book made me want to stand up and cheer! It's must reading for everyone who is concerned about the health of mothers and babies, and that should be everyone!
- **Endorsement From Jessica L. Kelly-Shaieb, J.D., President, BirthNetwork National:** Jukelevics has compiled an extensive collection of materials for mothers and health care providers to help curb the disheartening trends in U.S. maternity care today. She should be applauded for her work. This book is both compelling and user-friendly. I recommend it to anyone who is concerned about cesarean rates today and looking to make a difference for themselves or for their clients.
- **Endorsement From Marsden Wagner, M.D., M.S., Former Director of Women's and Children's Health, World Health Organization:** The present epidemic of unnecessary births by cesarean section in the United States is resulting in dozens and dozens of tragic deaths of women and babies. The only way this shocking excess of unnecessary cesarean section birth can occur is if pregnant women are lied to about the safety and risks of cesarean birth versus normal (vaginal) birth. This book should be required reading of all pregnant women in the U.S. as it uses the best scientific evidence to educate them to all of the reasons to say NO to a cesarean birth unless a serious medical complication exists.
- **Endorsement From Peggy O'Mara, Editor and Publisher *Mothering*:** Nicette Jukelevics' *Understanding the Dangers of Cesarean Birth* is a tour de force. Her exhaustively researched book is just what U.S. women need right now to protect themselves from skyrocketing birth interventions.
- **Endorsement From Susan Jenkins, JD:** This is a much-needed book, which combines top-notch scholarship with practical advice for the consumers and health professionals who labor (pun intended) in the trenches of the cesarean section battleground. Ms. Jukelevics has made an important contribution to our knowledge base about cesarean section, and has done so in a way that is accessible by the women and families who are confronted with the bewildering and contradictory flood of opinion, and conjecture about this major surgical procedure. I intend to recommend this book, not only to everyone I know in the birth activist community but also to the many women who, in their blogs and online questions, daily express their confusion and distrust regarding their obstetrician's recommendations about c-section and VBAC.
- **Endorsement From Gretchen Humphries, Advocacy Director, International Cesarean Awareness Network:** Not only is this a well researched and easy to understand work, it also demonstrates quite clearly that the Emperor has no clothes. Obstetrics in the U.S. is broken and the fix will come from women and their families, not the ineffective and self-protecting medical establishment.