

Understanding the Dangers of Cesarean Birth: Making Informed Decisions

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Forward by Charles Mahan, MD.

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Corrections to the first printing

Apologies for the errors that were overlooked in the first printing of this book. Here are the corrections in **blue**.

Forward

P. xvii – Charles Mahan, M.D., F.A.C.O.G.

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Free Fall

p. 10- The NQF Voluntary Consensus Standards for Perinatal Care **Steering** Committee.

How Does a Cesarean Birth Affect the Baby?

P.70- Emerging research also suggests that they have **less mature brains** compared with term infants.

Impact of a Cesarean Delivery on a Future Pregnancy

p. 78. Several studies have found that women who have a cesarean have fewer children subsequently, but it is not clear at this time whether this decreased fertility is **associated with the surgery itself or to other factors that lower the odds for fertility**.

Especially for Mothers: Walk, Rock, Sway, Squat, You Can Help Your Labor to Progress

p. 101- Photo 10.09, **should say (see Photo 10.10) Cardinal Movements**.

Photo 10.10, **should say (see Photo 10.10) Cardinal Movements**.

p. 104- If your **bag of waters breaks your labor is likely to begin** with consistent contractions that will dilate your cervix within 24 hours.

Laboring for a VBAC: A Safe Alternative to a Repeat Cesarean

P.116- They may feel **more secure**, safer, and more supported in their own environment.

p. 117- They include **obstetricians** and gynecologists, family practitioners, and midwives.

Electronic Fetal Monitoring: More Information Is Not Always Better

P. 125- A nonreassuring fetal heart **rate** (fetal distress) is one of the four main reasons for performing a cesarean.

Breech Version: A Safe Alternative to a Planned Cesarean

p. 128- With a procedure called breech version or external cephalic version (ECV) done at about 37 weeks of pregnancy up to **86 percent** of breech babies can begin labor in a head-down position, reducing the number of women who would otherwise have a planned cesarean section.

p. 128-Frank Breech (Photo 13.1) should read **Complete Breech (Photo 13.1)**

p. 128- Complete Breech (Photo 13.2) should read **Frank Breech (Photo 13.2)**

p. 138- **With** a baby in a footling or kneeling breech position **it is** considered unsafe **to have** a vaginal birth. **It is the same with** a baby with a hyper extended neck (chin tilting backwards, star gazer) and a large baby.

Giving Birth with Midwives: Excellent Outcomes with Fewer Cesareans

p. 171- Ten direct-entry midwifery schools are accredited by the Midwifery Education Accreditation Council (MEAC), **which is recognized as an accrediting body for midwifery schools by the U.S.**

Department of Education. CPMs attend birth outside of a hospital setting.

P.175- Resources, Citizens for Midwifery, <http://cfmidwifery.org>

Especially for Mothers: Reducing the Odds of for a Cesarean-What To Do during Pregnancy

Genital Herpes p. 191- It is possible to acquire a genital herpes infection **and** not **notice any symptoms**, but **women can** have painful sores or watery blisters in these areas.

Why Normal Birth Matters

p. 200- Several maternity care advocacy groups in **France** are aiming to make a “radical change” from “industrial” and “productivist” obstetrical care to normal birth with education and awareness campaigns.
