

Understanding the Dangers of Cesarean Birth: Making Informed Decisions

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Forward by Charles Mahan, MD.

Praeger Publishers

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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Tampa, 2008

Acknowledgments

Rebecca Jacobs; Fay Menacker, Dr.PH, CPNP; Peggy O'Mara; Katherine Campbell Phillips, MPH;

To Mary Zwart, Dutch Midwife, Robbie Davis-Floyd, Mayri Sagady Leslie, CNM, Ida Darragh, CPM, and Maureen Corry, MPH, I thank you for taking the time to edit and comment on the chapter on midwives

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.
