What’s the Deal with Cesareans?

Many cesareans are unnecessary.

1 in 3 women have cesareans in the U.S. double what UNICEF and the World Health Organization recommend.

What are the risks?

**MOMS**
- Post-operative wound infections
- Blood clots
- Complications from anesthesia
- Injury to organs
- Infertility and placental complications in future pregnancies

**BABIES**
- Accidental surgical cuts
- Need for intensive care
- Being delivered prematurely
- Breathing difficulties at birth and beyond

Here are a few ways to reduce your risk of cesarean, and push for better care.

1. Get educated – take a Lamaze childbirth education class
2. Choose a provider and birth setting with low cesarean rates
3. Hire a doula for labor support
4. Let labor start on its own
5. Avoid “routine” interventions
6. Question a cesarean if you and your baby are in no immediate danger
7. Evaluate your options for vaginal birth after cesarean

Push for the safest, healthiest birth possible. Visit www.lamaze.org/pushforyourbaby to learn more.