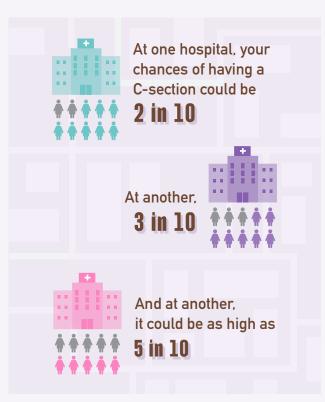
HOW TO REDUCE YOUR CHANCES OF HAVING A C-SECTION



DID YOU KNOW?

Did you know that hospitals do a lot more C-sections <u>now</u> than ever before? Let's say you have a normal, healthy pregnancy.



WHY THE DIFFERENCE?

Sometimes C-sections are needed. But some hospitals are quicker to perform a C-section than others, even when they could have been avoided

This matters because if a woman has a C-section there are more chances for complications, like infections and heavy blood loss.

And it's a major surgery, so it takes longer for the mom to heal.

IT'S <u>Your</u> birth.

Talk to your doctor, nurse, midwife, and family members. Let them know you only want a C-section if it's <u>absolutely needed</u>. Then ask how you can work together to reduce your chances.



YOUR VOICE MATTERS.

By taking steps early, you can make a difference for you and your baby. Educate yourself. And talk to <u>your</u> team today.

For more information, go to: MyBirthMatters.org





