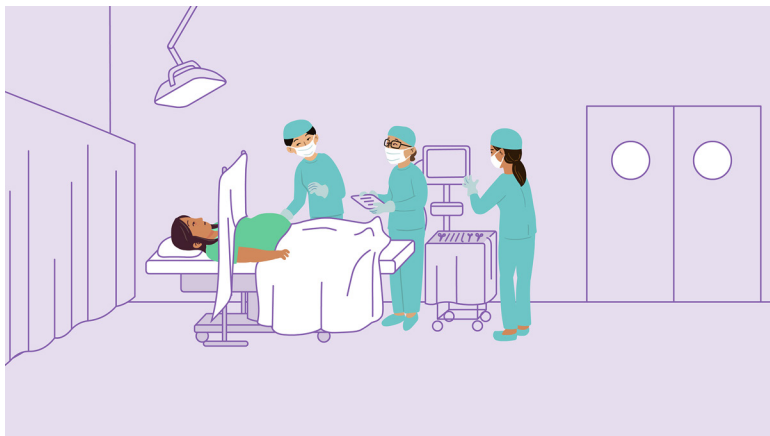


HOW TO REDUCE YOUR CHANCES OF HAVING A C-SECTION



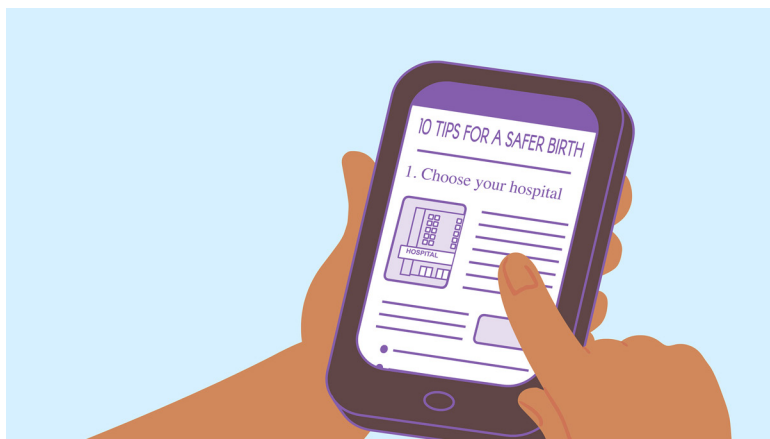
DID YOU KNOW?

In many cases, C-sections are life-saving and necessary. But many C-sections can be avoided.



C-SECTION IS A MAJOR SURGERY

C-sections mean more chances for complications, like infections and heavy blood loss. It also takes longer for moms to heal.



EDUCATE YOURSELF

Visit MyBirthMatters.org and learn how you can reduce your chances of having a C-section unless it's really needed.



TALK TO YOUR DOCTOR

Your voice matters! Let your doctor know that you only want a C-section if it's absolutely needed.

MY BIRTH MATTERS

MyBirthMatters.org



California
Health Care
Foundation



CMQCC
California Maternal
Quality Care Collaborative

HOW TO REDUCE YOUR CHANCES OF HAVING A C-SECTION



DID YOU KNOW?

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



At one hospital, your chances of having a C-section could be **2 in 10**



At another, **3 in 10**



And at another, it could be as high as **5 in 10**

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 YOUR BIRTH.

Talk to your doctor, nurse, midwife, and family members. Let them know you only want a C-section if it's absolutely needed. 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 your team today.

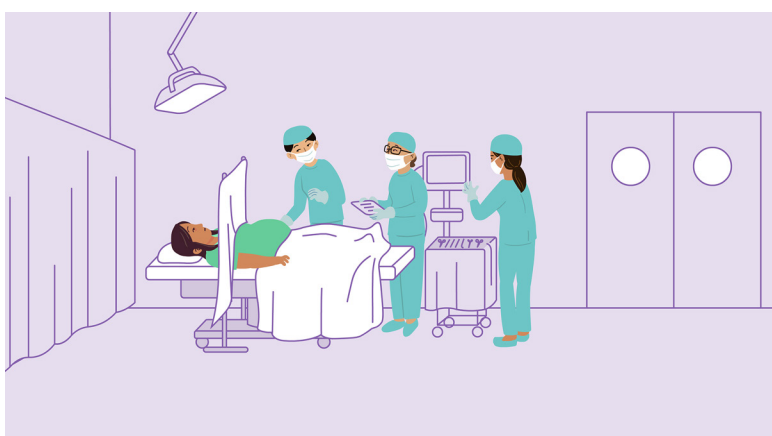
For more information, go to: MyBirthMatters.org

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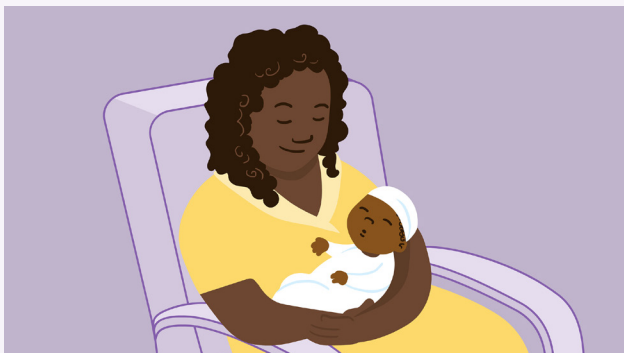
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