



# **Understanding the Dangers of Cesarean Birth: Making Informed Decisions (Praeger Series on Contemporary Health and Living)**

*Nicette Jukelevics*

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Cesarean delivery - childbirth through an incision in the mother's lower abdomen - is now the most common major surgical procedure performed in the United States. No one argues over the fact that it can be a life-saving procedure when the baby or mother is at risk. But for almost three decades in this nation, cesarean deliveries have increased, without substantially better outcomes for babies or mothers. Experts warn that up to 50 percent of the more than 1 million C-sections performed here each year are unnecessary. And that is where Nicette Jukelevics, a certified childbirth educator, researcher and writer, steps in with this book. Jukelevics aims to give women the insights they need to make an informed decision about whether natural or C-section birth is best for them and their babies. She explains when C-sections are necessary, and when they are not needed. She also addresses the overuse and misuse of medical procedures that can complicate labor and lead to C-sections, as well as reasons doctors may support or suggest C-sections, including outdated medical information, fear of liability, and economic advantages measured in doctors' time.

This work also examines midwifery practices shown to safely reduce cesarean deliveries, but ignored or resisted by hospitals. *Understanding the Dangers of Cesarean Birth* will interest not only expectant and future parents, but also to students and scholars of women's health, nursing, and public health.

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