

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

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