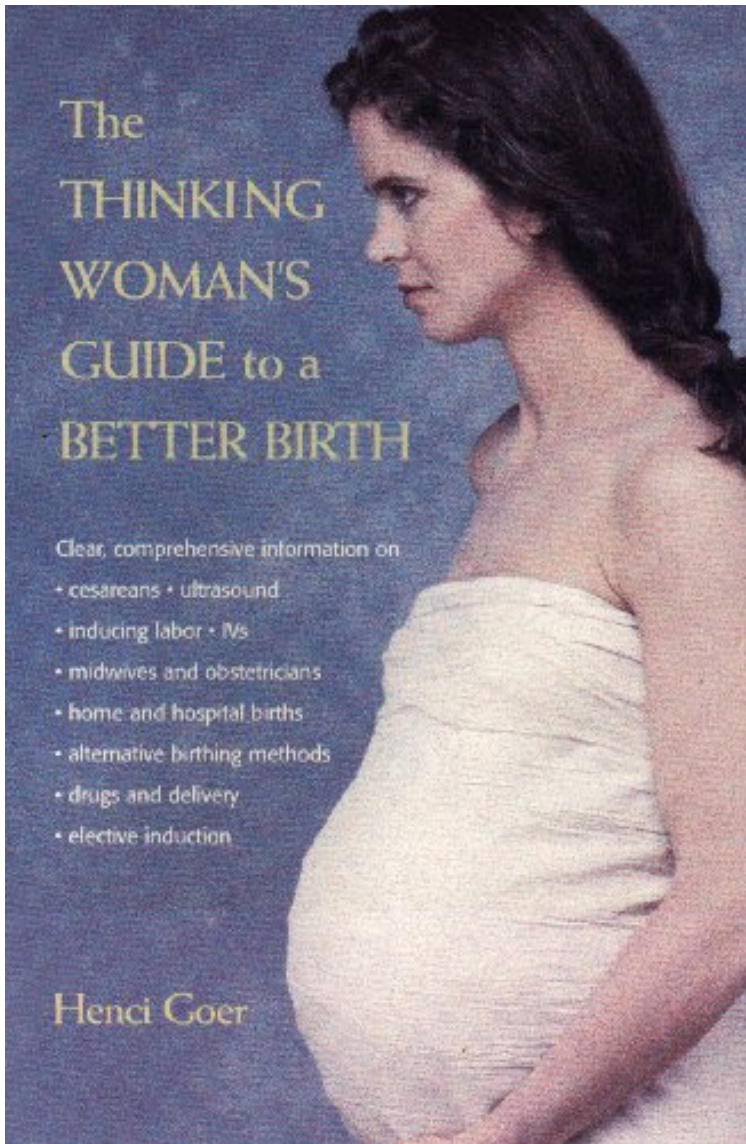


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The Thinking Woman's Guide to a Better Birth



Par Henci Goer
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Description : Description du produitThe newest procedures. The latest information. The complete rundown on modern pregnancy and childbirth...for women who want the facts. Every intelligent, informed woman is used to gathering the most complete information she can get before making a decision. But when it comes to one of the most important decisions in her life--how she will give birth--it can be tough to get the complete picture, even from an obstetrician. Surprisingly, much of the latest research goes against common medical opinion. Certified Lamaze instructor and activist Henci Goer brings women the carefully researched facts they'll want to have. Based on the latest medical studies and literature, The Thinking Woman's Guide To A Better Birth offers clear, concise information on tests, procedures and treatments--and gives advice about:*

cesareans * ultrasound * gestational diabetes * breech babies * inducing labor * IVs * electronic fetal monitoring * ruptured membranes * epidurals * episiotomies * vaginal birth after a cesarean * midwives and obstetricians * alternative birthing methods * choosing a birth location * drugs and delivery * elective induction * professional labor support * and much more * Author is a certified Lamaze instructor and doula who counsels women on their childbirth experiences * Author belongs to the Coalition for Improving Maternity Services * Drawn upon the most up-to-date medical literature and studies * Written in an accessible, understandable style, explaining technical medical terms * Gives advice to women who were dissatisfied with their first birth experience

Prsentation de l'diteurAs an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birthit is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice.Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Woman's Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers:CesareansBreech babiesInducing laborElectronic Fetal MonitoringRupturing MembranesCoping with slow laborPain medicationEpistiotomyVaginal birth after a CeasareanDoulasDeciding on a doctor or midwifeChoosing where to have your babyand much more . . .

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Maureen P. Corry, M.P.H. Executive Director, Maternity Center Association"*The Thinking Woman's Guide to a Better Birth* puts the power of the latest scientific research into the hands of women to help them discern the facts from the myths and make informed decisions about their maternity care."