



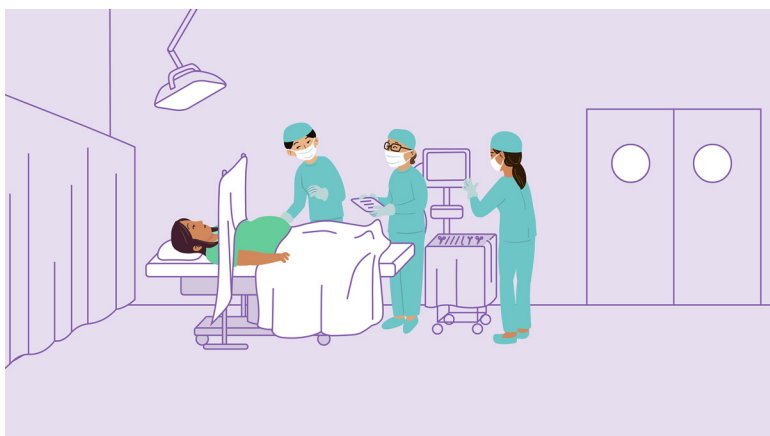
# HOW TO REDUCE YOUR CHANCES OF HAVING A C-SECTION

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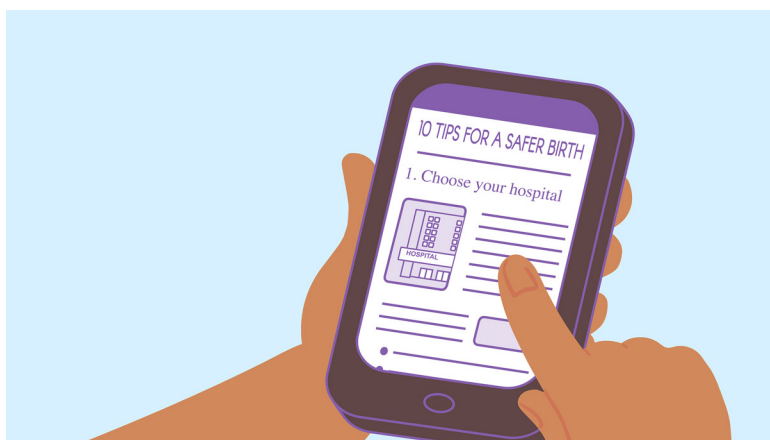
## DID YOU KNOW?

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



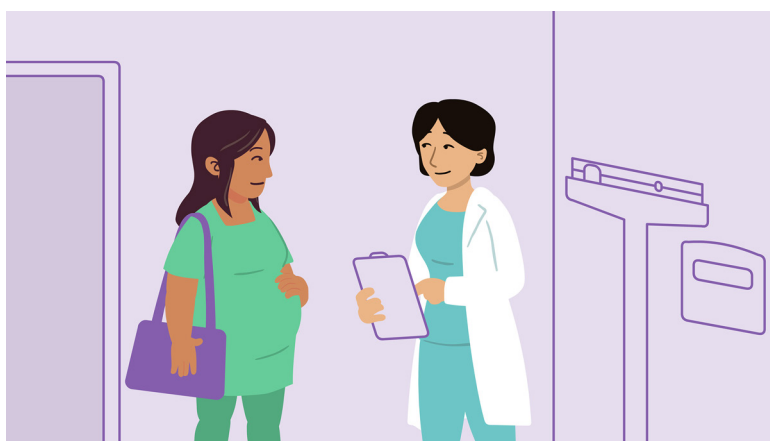
## C-SECTION IS A MAJOR SURGERY

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](http://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.

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### MY BIRTH MATTERS

[MyBirthMatters.org](http://MyBirthMatters.org)



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