



## Vaginal Birth After Caesarean: The VBAC Handbook (Paperback)

By Helen Churchill, Wendy Savage

Pinter Martin Ltd., United Kingdom, 2010. Paperback. Book Condition: New. 214 x 132 mm. Language: English . Brand New Book. Women are over four times more likely to have a caesarean birth now than they were thirty years ago and eight times more likely than they were fifty years ago. One of the main reasons that the rate is so high is that women are not encouraged to give birth vaginally once they have had a caesarean despite there being no evidence of the benefit of repeat caesareans for mother or child. Aimed at women who have had a caesarean or repeat caesareans, Vaginal Birth After Caesarean (VBAC) provides suggestions for constructive ways to achieve vaginal birth when this is the right option for mother and baby. As well as detailed explanations of all the pros and cons of VBAC, the book contains several real-life birth stories, a comprehensive glossary of terms and essential information for parents-to-be.



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