



# The Weekly Newsletter

## Preventing the first cesarean section

So how do I avoid the first cesarean section?

- 1) Avoid labor induction: Women who undergo induction of labor have higher rates of cesarean deliveries than those who experience spontaneous labor. If you are less than 41 weeks, avoid the temptation to have your labor induced **unless** your doctor/ practitioner has identified a medical reason for it. If you need to be induced hang in there and remind your family that it is not uncommon for inductions to take 2-3 days
- 2) Weight gain: A large proportion of women in the U.S. gain more weight during pregnancy than is recommended. Studies have shown that gaining more weight than recommended can increase your risk of cesarean delivery. Consult your provider about what your weight gain goals should be for your pregnancy.

- 3) Keep busy: Women are encouraged to engage in regular, moderate intensity physical exercise during their pregnancy. Check with your provider before starting any exercise program. The Virtua Health and Fitness Centers in Voorhees, Washington Township and Moorestown offer prenatal exercise programs and yoga.
- 4) Take childbirth classes: You wouldn't run a marathon without training for it, right? So why head into childbirth without adequate prep? You should enroll in classes by 7 months. You can check the listing at [www.Virtua.org](http://www.Virtua.org) (under maternity services).
- 5) Consider waiting on that epidural: Epidural anesthesia is the most popular method of pain relief in labor. Although a recent study finds no difference in delivery outcomes between early and late epidural placement, most providers will prefer that you are truly in active labor ( 5 cm dilated)before one. We have alternatives to an early epidural so please discuss them with your provider. You may also want to consider hiring a doula who will provide non-medical support while you are in labor. Ask your provider at your next visit for recommendations.
- 6) Relax and don't worry!' Bring your best self into the pregnancy. If you need to lose weight, start a healthier diet or manage a chronic medical condition, do so before pregnancy. Minimize stress with yoga and meditation. Avoid the negative " war stories" told by friends and family. Keep your providers aware of your fears and concerns. It took 9 months to get to this point so be positive and rest assured that your physician or midwife will make every attempt to make your experience happy and comfortable.



**Garden State Obstetrical  
and Gynecological  
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