

## What is a *Pushed* birth?

A pushed birth is one that is induced, sped up, and/or heavily medicated for no good reason, and all too often concludes with surgery, invasive instruments, an episiotomy, or a bad vaginal tear — outcomes you don't want. Decades of research show that the healthiest birth for you and your baby — and that means your partner, your family, and your community — is a normal, vaginal birth with minimal intervention and maximum support.

If you're like most American women, though, labor support is not what you're going to get. Look at the numbers: 4 in 10 women today are induced. 1 in 3 give birth by major surgery, the cesarean section. 1 in 3 vaginal birthers get an episiotomy — surgical scissors cutting your vagina. And most women will put their pelvic floors at risk by lying in a bed throughout labor and pushing the baby out while while flat on their back.

Why? Because most L&D wards aren't following best practices. They're strapping 95% of women in for labor with continuous electronic fetal monitoring. It sounds great, but it's actually a practice that goes against the research evidence. Time and time again, studies have shown that the machine is no better at monitoring your baby than a human being with a stethoscope, meanwhile it increases the likelihood of surgery and other unwanted outcomes because it limits your ability to move, find comfort, and help labor progress.

Labor and Delivery wards also put you on the clock, and more than half of you will be given the synthetic hormone Pitocin to speed things up. You'll probably also have your water bag artificially broken. Once that happens,

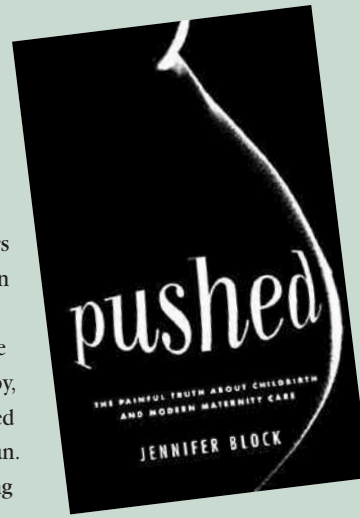
you're on deadline: most OBs won't allow you to labor more than 12 hours after your water has been broken. (those numbers differ by region) If you're not pushing out that baby, you're going to be pushed into the OR for a cesarean.

Or maybe you're being told to induce labor because...your baby "looks big" on the ultrasound, or the fluid "looks low," or it's past your due date, or your doctor is going on vacation and you want her to deliver your baby, or you're tired of being pregnant and, well, why not? There are compelling reasons to wait. An induced labor is not a normal, "physiological" labor. It's more painful, it requires that you stay in bed hooked up to various tubes and machines, and it ups your chance of a C-section by two to three times. Furthermore, none of these reasons is medically valid.

Even if you're able to go into labor on your own and progress fast enough, you're probably going to push lying in a bed, and you'll be told when to push, how long to push, and how hard to push. It's a hold-your-breath-bear-down-and-count-to-ten kind of thing, and research has shown this practice to be damaging to your pelvic region and more likely to result in tearing as the baby emerges. Hello painful recovery, painful sex, and incontinence.

(article from [www.pushedbirth.com](http://www.pushedbirth.com))

**It doesn't have to be this way.**



New Life Birth Center  
P.O. Box 21461  
Roanoke, Virginia 24018

[www.newlifebirthcenter.net](http://www.newlifebirthcenter.net)



New Life Birth Center

*News*



# New Life News

**Q** My employer likes for us to give to the United Way campaign. Is New Life Birth Center part of United Way?  
**A:** New Life Birth Center is a not part of United Way but we are an Eligible Agency. This means you must designate your contributions to New Life Birth Center #0323 in order for us to receive your donation. United Way does take out an administrative fee. By United Way rules we cannot make a public announcement or advertise this information so we are counting on our friends to get the word out that we are an Eligible Agency #0323.

## From Karen:

My apologies for taking SO long to get out another newsletter. There are no paid staff so we all just have to do the best we can around our work and family schedules. (designer puts in her apologies, too) Let me try to recount what has transpired over the last few months.

In February and March we had 3 educational showings of Ricki Lakes documentary “The Business of Being Born” in Lynchburg, Roanoke, and Floyd. These were followed by a panel discussion with questions and answers from the audience. Special thanks goes to BirthMatters for assisting with our Lynchburg showing. These were well received by the audience and garnered us more contacts interested in learning more. We also hosted Jennifer Block, a nationally known editor, who authored the book, Pushed: The Painful Truth About Childbirth and Modern Maternity Care, for a reading, discussion, and booksigning. Again this was well-received. Special thanks to Schaal’s Catering for the use of their room and the fine job they did with the refreshments. THANK YOU TO ALL THE VOLUNTEERS AND CONTRIBUTORS WHO HELPED MAKE THESE EDUCATIONAL SESSIONS POSSIBLE.

May was our Breastfeeding Station at the Roanoke Festival in the Park. It was a good time to

meet some of the local Le Leche group and meet some of you that we have communicated with via the phone or web. Thanks to all the volunteers from New Life and Le Leche who helped staff the Station. (La Leche League meets every 3rd Thurs. at the Elm Ave library)

June started another round of Positive Pregnancy sessions. They finished in September. Check out future schedules on the website [www.newlifebirthcenter.net](http://www.newlifebirthcenter.net). Thank you doula Erin VandeLinde for your infant massage demonstration.

May, June, and July was spent updating our business proposal and reassessing more grant opportunities. By August 1st we had sent letters of intent to March of Dimes, proposals to The Roanoke Women’s Foundation, the Beirne Carter Foundation, The Servant Christian Foundation and completed the application for United Way Eligible Agency and the State Combined Campaign for state employees. I still have more on the list to complete. We are working hard but we still rely on individual contributions to keep us going in the mean time. Thanks to everyone who has contributed this year.

August 10th was the Birth Matters Awards Ceremony in Richmond VA. Birth Matters is a statewide group of moms who support women’s choices of maternity care provider and place of birth. The Awards Ceremony featured keynote speaker Cara Muhlhahn, the nurse-midwife featured in Business of Being Born. The passion of the audience could be felt in the packed ballroom as the awardees and Ms. Muhlhahn shared their hearts for women. BirthMatters supports women’s choices of physician, midwife, home, hospital, and birth center options for maternity care. Visit their website: [www.birthmattersva.org](http://www.birthmattersva.org).

In September I headed to Tucson, AZ for the American Association of Birth Centers “How to Start a Birth Center Workshop” and attend the 2nd Annual

Birth Institute: What is Optimal?. This is a national conference to help birth centers with start-up and operations. For more information you can visit [www.birthcenters.org](http://www.birthcenters.org). I now have lots of good information and creative ideas for our birth center! October 5-11 is National Midwifery Week.

## Spring Fundraiser

Volunteers and sponsors needed! We are planning our Spring Fundraiser “Let Them Eat Cake” including a contest for local pastry chefs and amateur cake bakers in late March or early April. Please contact me if you can help with anything from obtaining sponsors, designing invitations, selling tickets, to setting up, etc. We will need a 2-3 committees to plan the event and make it work. If you or your company would like more information on sponsoring this event please contact Karen Winstead at 540-798-4064.

## Possible Birth Center Site?

We’ve also found a site that meets most of the qualifications we have in our business proposal, but it also has some enormous challenges too. Please be in prayer for God’s clear guidance as to the right place to start New Life Birth Center. Bob Fetzer and his team at Building Specialists are helping us with planning and estimation of costs.

## Board Changes:

Welcome Dr. Larry Monahan! Dr. Monahan is a Roanoke physician with 30 years experience in the clinical setting, practice ownership and management, academic and military service. He is an active life member of the Medical Society of Virginia (MSV) and the American Medical Association (AMA). He has held numerous leadership positions in these organizations over the years including Presidency of the MSV. In addition to his private practice, Dr.

Monahan serves as a professor for the Via College of Osteopathic Medicine.

Thank you Dr. Kim Dulaney and Patrick O’Brien for your service over the last 3 years. We appreciate all you have done for New Life Birth Center. Your time, energy, and resources has been much appreciated. We will miss your enthusiasm support of the birth center concept. Dr. Dulaney continues in her family practice in Rocky Mount and is expecting her third child in September. Patrick O’Brien is “remains up the mountain” in Floyd is taking a break to spend more time with his family and business. Thank you both for all your service.

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 We need your contributions and pledges to continue to write grants. If you can, please pledge to send a regular amount as we seek matching grants.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I am making a one-time contribution in the amount of \_\_\_\_\_.

I pledge to make a contribution every month in the amount of \$ \_\_\_\_\_ for \_\_\_\_\_ months starting in \_\_\_\_\_.

\_\_\_\_ I would like to be placed on the mailing list.

Thank you very much for your prayers and financial contributions to help women!