

How To Make A Pregnant Woman Dilate Faster

Mom begs nurse to check cervix during labor, then makes shocking discovery under bedsheet: 'Listen to your body, ladies' - In The Know

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[Rumer Willis broke her own water while delivering her first baby - Cosmopolitan UK](#)

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Cervical length: Why does it matter during pregnancy? - Mayo Clinic

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Water breaking: Everything you need to know - Medical News Today

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Dates During Pregnancy: For Labor, Other Benefits, More - Healthline

Comparing Intravenous Labetalol and Intravenous Hydralazine for ... - Cureus

[Hereditary Pregnancy Conditions - Health.com](#)

Intra-cervical Foley Balloon Catheter Versus Prostaglandins for the ... - Cureus

How to induce labor tonight (naturally) - Baby Center

Signs of labor: 8 early labor symptoms and how to recognize them - Baby Center

[Guide to labour induction: What to expect if you're getting induced - Today's Parent](#)

Epidural For Labor: Epidural Side Effects, Benefits & Safety - What To Expect

Water Breaks but No Contractions: What to Do Next - Healthline

40 Weeks Pregnant: Symptoms & Signs - Baby Center

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38 Weeks Pregnant: Symptoms, Baby Size, Bump & More - Baby Center

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Induce labor at home? Dell Medical School is studying how safe it is - Austin American-Statesman

How To Make Your Baby Drop & Engage Before Your Due Date ... - Romper

How to dilate faster during labor: Safe methods - Medical News Today

9 Common Pregnancy Test Mistakes to Avoid - Health Central

[How To Induce Labor: 10 Natural Ways to Induce Labor at Home - Motherly Inc.](#)

Mastering heart health in the summer heat - MercyOne

Which Foods Naturally Induce Labor? Here's 10 Options to Try - Green Matters

After Your Water Breaks, How Long Can Baby Survive? - Healthline

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Precipitous Labor: When Labor is Fast and Furious - Healthline

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4 Yoga Poses to Induce Labor - Motherly Inc.

One woman's journey with cervical incompetence - Jamaica Observer

Brown discharge during pregnancy - Baby Center

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Can you have sex while pregnant? Benefits, safety, and how it feels - Baby Center

4 acupressure points for inducing labor - Medical News Today

How Your Body Changes During Pregnancy: Hormones, Breasts ... - Healthline

Augmentation of labor: Why it's used to speed up childbirth - Baby Center

Tilted Uterus: How Having a Retroverted (Tipped) Uterus Affects ... - What To Expect

What is cervical insufficiency (incompetent cervix)? - Baby Center

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How Painful Is Childbirth, Really? - Healthline

Over 35 and expecting: Is it safer to give birth "early"? - Harvard Health

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What is your mucus plug and what does it look like? - Baby Center

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10 Reasons Your Heart Rate Won't Go Down, According To Doctors - Women's Health

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My Birth Story: I Can't Feel My Contractions - Women's Health

Placenta previa: Symptoms, complications, and treatment - Baby Center

The Top 15 Benefits of a Cold Plunge - Town & Country

Foley bulb induction: What it is and what to expect - Medical News Today

Foods That Induce Labor: Pineapple, Spicy Food and More - What To Expect

What Are the Types of Abortion Procedures? - WebMD

37 Weeks Pregnant: Symptoms, Baby Movement & More - Baby Center

How to Prepare for Labor Induction: What to Expect and What to Ask - Healthline

7 Ways To Soften Your Cervix & Get Labor Started - Romper

Could being 'too fit' have caused complications for my baby's birth? - Sydney Morning Herald

Cervical Dilation: What to Expect and How to Speed Things up - Greatist

Midwives Brew to Induce Labor: Recipe, Safety, and More - Healthline

8 Exercises to Induce Labor, According to Experts - PureWow

Pregnancy Lips: Dry, Swollen, Chapped, and Other Lip Changes - Healthline

6 Sex Positions For Inducing Labor - Romper

What's a sunny-side up baby? Your guide to the posterior position - Baby Center

The Most Common Signs of Labor, According to an Ob-Gyn - HealthDay

Depolarization imaging for fast and non-invasive monitoring of ... - Nature.com

Miscarriage and D&C: Procedure, Risks, Recovery, and More - Healthline

Losing Your Mucus Plug Early in Pregnancy: How to Tell - Healthline

D&C procedure for miscarriage, uterine conditions and more - Baby Center

Extreme Heat Threatens the Health of Unborn Babies - WIRED

Vaginal Hysterectomy - Shirish S Sheth 2001-11-08

In recent years advances in laparoscopic technologies have led to renewed interest in the vaginal approach to hysterectomy, which has many proven benefits for patients. This volume, dedicated to explaining and promoting the vaginal route of hysterectomy, is written and edited by an international team of experts and provides a much-needed source of

The Working Woman's Pregnancy Book - Marjorie Greenfield 2008-10-01

This up-to-date guide addresses all the subjects you would expect to find in an authoritative book on pregnancy "plus" issues of special concern to the 60 to 80 percent of women who hold jobs during their pregnancies: . Is my workplace safe for my developing baby? . When should I tell my employer that I am expecting? . How can I handle the discomforts of pregnancy when I need to work? . What laws will protect me when I take medical leave? The answers to these questions and myriad others can be found in the pages of this practical and reassuring book. Dr. Marjorie Greenfield draws from her experiences as an obstetrician and working mom, and from more than a hundred interviews with mothers ranging from factory workers to high-powered attorneys, to create a unique resource for working women. Dr. Greenfield includes checklists for multitasking working moms-to-be, helpful illustrations, stories and advice from experienced mothers, and information on everything from planning a pregnancy to balancing life after the baby is born. "The Working Woman's Pregnancy Book" is an invaluable expert resource that will inform, reassure, and empower any working woman throughout the miraculous journey of her pregnancy."

The Labor Progress Handbook - Penny Simkin 2017-05-01

Praise for the previous edition: "This...edition is timely, useful, well organized, and should be in the bags of all doulas, nurses, midwives, physicians, and students involved in childbirth." -Journal of Midwifery and Women's Health The Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia is an unparalleled resource on simple, non-invasive interventions to prevent or treat difficult or prolonged labor. Thoroughly updated and highly illustrated, the book shows how to tailor one's care to the suspected etiology of the problem, using the least complex interventions first, followed by more complex interventions if necessary. This new edition now includes a new chapter on reducing dystocia in labors with epidurals, new material on the microbiome, as well as information on new counselling approaches specially designed for midwives to assist those who have had traumatic childbirths. Fully referenced and full of practical instructions throughout, The Labor Progress Handbook continues to be an indispensable guide for novices and experts alike who will benefit from its concise and accessible content.

Oh Grow Up - Kathy Fray 2017

OH GROW UP is about "parenting with spirit" - strength, guts, soul - whatever "spirit" means to you. The result is a truly remarkable eclectic fusion of ordinary old-school middle-of-the-road methodologies, combined with extraordinary old-age-new-age philosophies ... including Parenting's 21 Golden Insights, 21 Magical Secrets, and 21 Universal Principles.

Pregnancy, Childbirth, Postpartum, and Newborn Care - World Health Organization 2003

This guide provides a full range of updated, evidence-based norms and standards that will enable health care providers to give high quality care during pregnancy, delivery and in the postpartum period, considering the needs of the mother and her newborn baby. All recommendations are for skilled attendants working at the primary level of health care, either at the facility or in the community. They apply to all women attending antenatal care, in delivery, postpartum or post abortion care, or who come for emergency care, and to all newborns at birth and during the first week of life (or later) for routine and emergency care. This guide is a guide for clinical decision-making. It facilitates the collection; analysis, classification and use of relevant information by suggesting key questions, essential observations and/or examinations, and recommending appropriate research-based interventions. It promotes the early detection of complications and the initiation of early and appropriate treatment, including time referral, if necessary. Correct use of this guide should help reduce high maternal and perinatal mortality and morbidity rates prevalent in many parts of the developing world, thereby making pregnancy and childbirth safer.

Pregnancy, Childbirth, Postpartum and Newborn Care - World Health Organization 2015

Intended to provide evidence-based recommendations to guide health care professionals in the management of women during pregnancy, childbirth and postpartum, and newborns, and the post abortion,

including management of endemic diseases like malaria, HIV/AIDS, TB and anaemia. This edition has been updated to include recommendations from recently approved WHO guidelines relevant to maternal and perinatal health. These include pre-eclampsia & eclampsia; postpartum haemorrhage; postnatal care for the mother and baby; newborn resuscitation; prevention of mother-to-child transmission of HIV; HIV and infant feeding; malaria in pregnancy, interventions to improve preterm birth outcomes, tobacco use and second-hand exposure in pregnancy, post-partum depression, post-partum family planning and post abortion care.

Active Birth - Janet Balaskas 2013

The author is a childbirth educator and the founder of the International Active Birth Movement. This practical and compassionate handbook is designed to help women prepare for active childbirth.

Pushed - Jennifer Block 2007-06-04

In the United States, more than half the women who give birth are given drugs to induce or speed up labor; for nearly a third of mothers, childbirth is major surgery - the cesarean section. For women who want an alternative, choice is often unavailable: Midwives are sometimes inaccessible; in eleven states they are illegal. In one of those states, even birthing centers are outlawed. When did birth become an emergency instead of an emergence? Since when is normal, physiological birth a crime? A groundbreaking journalistic narrative, *Pushed* presents the complete picture of maternity care in America. Crisscrossing the country to report what women really experience during childbirth, Jennifer Block witnessed several births - from a planned cesarean to an underground home birth. Against this backdrop, Block investigates whether routine C-sections, inductions, and epidurals equal medical progress. She examines childbirth as a reproductive rights issue: Do women have the right to an optimal birth experience? If so, is that right being upheld? Block's research and experience reveal in vivid detail that while emergency obstetric care is essential, there is compelling evidence that we are overusing medical technology at the expense of maternal and infant health: Either women's bodies are failing, or the system is failing women.

Pregnancy is a "Real Mother!" - Jeffrey L. Zweig, MD 2015-05-16

Want a book that is more "personal" than other books on the subject? Want a book on pregnancy that is easy to read? Looking for a book that is a "tell all" about pregnancy? Want to laugh and be amused by a book on pregnancy? If so, *Pregnancy a Real Mother* is the book for you. It is one of the most fascinating and captivating books published on the subject in over 20 years. The title of the book says it all: a book with its own "personality" written by an Ob-Gyn who has delivered over 8,000 babies over 40 years of practice experience. Dr. Zweig's goal in writing this book is to "answer all the questions" about pregnancy that are typically asked on a daily basis. The book starts out on the same journey of pregnancy that the expectant parents begin: from the positive pregnancy test to labor and delivery to newborn care. All the technical information is presented but this book is different from all other books on pregnancy with: 1. Over 100 pictures of patients and nurses during their pregnancy, labor and postpartum 2. Anecdotes of real events that are tied to the information being presented 3. Doses of "humor" to keep the reader smiling and giggling You will enjoy reading the medical explanations of most of the "Old Wives Tales" near the end of the book. "Old Wives Tales" are followed by "Old Obstetrician Tales: "25 separate stories of actual patients with different pregnancy-related situations. These real life stories will intrigue you, make you laugh, bring you tears of joy and make you think.

Giving Birth with Confidence - Judith Lothian 2017-03-28

For a Safe and Healthy Birth... Your Way! *Giving Birth with Confidence* will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. *Giving Birth with Confidence* is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents: • Information to help you choose your maternity care provider and place of birth • Practical strategies to help you work effectively with your care provider • Information on how pregnancy and birth progress naturally • Steps you can take to alleviate fear and manage pain during labor • The best available medical evidence to help you make informed decisions Previously titled *The Official Lamaze Guide*, this 3rd edition has updated information on: • How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby's microbiome. • How

hormones naturally start and regulate labor and release endorphins to help alleviate pain. • Maternity-care practices that can disrupt the body's normal functioning. • The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine. • Room sharing and cosleeping: the controversy, recommendations, and safety guidelines. • Out-of-hospital births are on the rise: New research and advice on planned home birth, including ACOG's revised guidelines, which support women's choices and promote seamless transfer to hospital, if needed. • The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor. • The research in support of the Lamaze International's "Six Healthy Birth Practices," which are: • Let labor begin on its own. • Walk, move around, and change positions throughout labor. • Bring a loved one, friend, or doula for continuous support. • Avoid interventions that aren't medically necessary. • Avoid giving birth on your back and follow your body's urges to push. • Keep mother and baby together—it's best for mother, baby, and breastfeeding.

The Hypnobirthing Book - Katharine Graves 2012

Childbirth can be an empowering and positive experience that you treasure for the rest of your life.

Hypnobirthing teaches simple and gentle techniques that have a profound effect.

Optimal Care in Childbirth - Henci Goer 2013-06

Meticulously documented, *Optimal Care in Childbirth* pulls back the curtain on medical-model management of childbirth. Written for those who want to practice according to the best evidence, assist women in making informed decisions, or advocate for maternity care reforms, it provides an in-depth analysis of the evidence basis for physiologic care.

Mayo Clinic Guide to a Healthy Pregnancy - the pregnancy experts at Mayo Clinic 2011-05-01

Any woman looking for accurate, reliable, and authoritative information on pregnancy will appreciate this book from the world-class Mayo Clinic. The Mayo Clinic Guide to a Healthy Pregnancy offers hundreds of pages of in-depth information that new parents will find useful and informative. Features include week-by-week updates on baby's growth, month-by-month changes that mom can expect, and a forty-week pregnancy calendar, as well as a symptom guide and a review of important pregnancy decisions. In this illustrated book you'll also find advice on getting pregnant, meal planning, healthy exercise, and safe medication use, along with general tips on becoming a parent. This pregnancy book is the result of the efforts of a collective team of pregnancy experts who find nothing in medicine more exciting and satisfying than the birth of a healthy child with a healthy mother. The Mayo Clinic Guide to a Healthy Pregnancy is an essential pregnancy resource for parents-to-be.

Management of Unintended and Abnormal Pregnancy - Maureen Paul 2011-08-24

Access to high quality abortion care is essential to women's health, as evidenced by the dramatic decrease in pregnancy-related morbidity and mortality since the legalization of abortion in the United States, and by high rates of maternal death and complications in those countries where abortion is still provided under unsafe conditions. The past two decades have brought important advances in abortion care as well as increasing cross-disciplinary use of abortion technologies in women's health care. Abortion is an important option for pregnant women who have serious medical conditions or fetal abnormalities, and fetal reduction techniques are now well-integrated into infertility treatment to reduce the risks of multiple pregnancies resulting from assisted reproductive technologies. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care* is the textbook of the National Abortion Federation, and serves as the standard, evidence-based reference text in abortion care. This state-of-the-art textbook provides a comprehensive overview of the public health implications of unsafe abortion and reviews the best surgical and medical practices for pregnancy termination, as well as managing ectopic and other abnormal pregnancies. *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care* is the leading source for a comprehensive understanding of issues related to unintended and abnormal pregnancy. This textbook: is authored by internationally-known leaders in women's health care; addresses unintended pregnancy and abortion from historical, legal, public health, clinical, and quality care perspectives; includes chapters on pregnancy loss, ectopic pregnancy, gestational trophoblastic disease,

and multifetal pregnancy reduction; covers treatment of pregnancies in the first and second trimester by both medical and surgical techniques; and provides resources for clinical, scientific, and social support for the abortion provider and patient.

Oh Baby - Kathy Fray 2016-02-29

Much-recommended by new mothers, this is the only book you'll need for the best baby advice. Now completely revised and updated. Refreshingly honest, openly frank and candidly blunt, this book has been written by a mother (who is also an experienced midwife) for other mothers. It oozes warm fuzzies, exudes realism in every paragraph and is refreshing in its guiltless honesty. Modern first-time mothers are often alone - devoid of once-traditional motherhood knowledge and practical support. Often previously self-confident women find themselves isolated, fumbling over everyday mothering tasks, enduring sleep deprivation, feeling desperately despondent - and aching and leaking everywhere. This book provides supportive, caring advice - one mum to another - while at the same time serving as an encyclopaedic medical reference regarding the mother and baby. Checked thoroughly by medical professionals, this book is a unique blend, like having access to a kind and gentle GP as well as to all the gems of wisdom of years of mothers' coffee groups. This title clearly and compassionately explains the ups as well as the downs which are perfectly normal aspects of giving birth and mothering in today's society.

What to Eat When - Michael F. Roizen 2019-01-10

What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot. *What to Eat When* is not a diet book. Instead, acclaimed internist Michael Roizen and certified physician Michael Crupain offer readers choices that benefit them the most--whether it's meals to help them look and feel younger or snacks that prevent diseases--based on the science that governs them.

Inducing Labour - Sara Wickham 2018-04-30

When is it better to induce labour than to let a woman's body or baby decide the best time for birth? What are the pros and cons of waiting and of being induced? What about after the due date? When the baby is thought to be bigger than average? When the woman is older? If she had IVF? Or when her waters have broken earlier than usual? Induction of labour is an increasingly common recommendation and more and more women find themselves having to decide whether to let their body and baby go into labour spontaneously or agree to medical intervention. This book explains the process of induction of labour and shares information from research studies, debates and women's, midwives' and doctors' experiences to help women and families become more informed and make the decision that is right for them.

Pregnancy Day by Day - Paula Amato 2013-12-23

An illustrated reference for expectant parents explains in intricate detail every stage of a pregnancy, in a comprehensive resource that also covers labor, birth, and life with a new baby.

Guinness Book of Records - 1987

WHO Recommendations for Augmentation of Labour - World Health Organization 2014

Optimizing outcomes for women in labor at the global level requires evidence-based guidance of health workers to improve care through appropriate patient selection and use of effective interventions. In this regard, the World Health Organization (WHO) published recommendations for induction of labor in 2011. The goal of the present guideline is to consolidate the guidance for effective interventions that are needed to reduce the global burden of prolonged labor and its consequences. The primary target audience includes health professionals responsible for developing national and local health protocols and policies, as well as obstetricians, midwives, nurses, general medical practitioners, managers of maternal and child health programs, and public health policy-makers in all settings.

How To Make A Pregnant Woman Dilate Faster:

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