

# The **Truth** About **VBAC**

presented by [vbacfacts.com](http://vbacfacts.com)

A 2005 survey revealed that 57% of women desire a vaginal birth after cesarean, but less than 10% of American women actually do.

Most women are led to believe they have no option but to have another surgery.

Women who want to VBAC do not have the knowledge, tools, or support to achieve that goal.

Women are often misled about the risks of VBAC vs. cesareans and need to know the truth.

## September 20

Belly Sprout

1:00pm

426 W Commonwealth Ave

Fullerton, CA 92832

(714) 879-1303

## October 24

No Sugar Added

1:00pm

141 Yale Ave

Claremont, CA 91711

(909) 626-1969

**Cost: \$25/person or \$40/couple**  
**RSVP at [vbacfacts.com](http://vbacfacts.com)**

Over the course of three hours, "*The Truth About VBAC (Vaginal Birth After Cesarean)*" provides women with a comprehensive analysis of their options as well as the encouragement they need to successfully VBAC. Topics include:

- Repeat Cesarean vs. VBAC Realities
- Risks of Hospital vs. Out-of-Hospital Birth
- How to Find a VBAC Supportive OB or Midwife
- Hospital VBAC Strategies
- Factors of Uterine Rupture
- The Marketing of "Risk"
- Maternal & Infant Outcomes
- Elements of VBAC success
- Benefits of Spontaneous Vaginal Birth
- VBAC Ban Rationale & Rebuttal
- History of VBAC – From the Encouraged to "Unsafe"