



Vaginal Birth After Cesarean (VBAC)

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Published: Feb 6 2008 - 8:57am

VBAC comes in many forms. At its most basic, VBAC is simply the vaginal birth of a child after a previous cesarean. For some mothers, this is listed as a "procedure" and for others it takes the form of HBAC (Home Birth After Cesarean), WBAC (Water Birth After Cesarean) and VBAmC (Vaginal Birth after Multiple Cesarean) and on and on. And for some mothers, their planned VBAC will become a CBAC.

ICAN supports mothers who do not want to be forced into unnecessary surgery. Vaginal birth is the normal biological consequence of pregnancy, whether or not the mother has a prior cesarean. You deserve complete information about the risks of vaginal birth and elective cesarean so that you can make the healthiest choice possible for you and your baby. We're not here to make your choices for you. We're here to make sure that you understand that you **HAVE** the choice. After all, it is still your body and your baby. Please browse the studies and articles at the left of the page to educate yourself. Who else is better qualified to weigh the research and evidence and determine it's importance in your life?
