



The Smart Mother's Guide to a Better Pregnancy: How to Minimize Risks, Avoid Complications, and Have a Healthy Baby

Linda Burke-Galloway MD

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From conception to birth and beyond, this helpful guide teaches expectant mothers and fathers how to avoid preventable medical errors and have a successful childbirth experience. The guide includes tips on how to investigate healthcare providers, what to insist on for a high-risk pregnancy, how to recognize and avoid labor-room problems, why "keepsake ultrasounds" are dangerous, how to cope with insurance companies that refuse procedures ordered by providers, and how to make a hospital accountable during admission. This important resource will transform pregnant couples from passive patients into empowered consumers in the medical market and will increase their chances of bringing home healthy and happy babies.

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