



**VIDA HEALTH COMMUNICATIONS, INC.** 6 Bigelow Street, Cambridge, MA 02139  
 tel 617-864-4334 fax 617-864-7862 email [info@vida-health.com](mailto:info@vida-health.com) website [www.vida-health.com](http://www.vida-health.com)

## just in case



### A VIDEO ABOUT CESAREAN CHILDBIRTH AND RECOVERY

The U.S. Centers for Disease Control and Prevention's National Center for Health Statistics reports that the c-section delivery rate rose to 29.1 percent in 2004, an increase of more than 40 percent since 1996.

**Just in Case** presents planned and unplanned cesarean births and information on the special care new mothers need after surgery, in the hospital and at home.

**Just in Case** helps birth educators teach expectant parents about:

- What cesarean birth is and why it's done
- Anesthesia and types of incisions
- Step-by-step information about the surgery itself
- Immediate postpartum recovery
- Postpartum pain management and healing strategies
- Feelings about having a cesarean
- Taking care of Mom while recovering at home

**Just in Case** shows how having a baby by cesarean can be every bit the family-focused empowering experience expectant parents hope childbirth will be.

#### AWARDS

American Medical Writers Assoc.  
 CINE Golden Eagle  
 Cinema in Industry (Cindy)  
 U.S. Int'l Film and Video Festival

#### PROGRAM DETAILS

Released 1996  
 English, 1 VHS  
 Classroom license \$195

#### HOW TO ORDER

This program is available for free 30-day preview. Simply select the preview option when placing your web order. Your credit card will not be charged unless you keep the program beyond the preview period. Purchase orders may be faxed to 617-864-7862 and must include all product information, including price, with the words "**for 30-day preview**" clearly indicated. Preview orders are shipped free-of-charge by UPS ground.

**"Vida creates some of the most effective patient teaching tools a nurse-educator could wish for."**

Susan Biasella, RN, BSN, FACCE

#### About Vida Health Communications

Since 1985, Vida Health Communications has been working to improve the health of women, children and families through the production and distribution of evidence-based educational media for clinical, patient and lay audiences. Working in partnership with federal health agencies, researchers and leading medical professional groups, Vida translates complex research into practical, media-based training using DVD, CD-ROM, Internet and linear video technologies. For more information please visit our website.