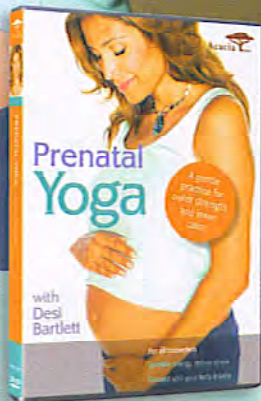


OUTER STRENGTH and INNER CALM



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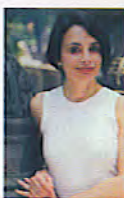
Q&A

IS IT SAFE TO DO AB EXERCISES DURING PREGNANCY?

Yes, but only if they're done correctly. During pregnancy the outermost abdominal muscles stretch and separate, and doing ab moves incorrectly can make this separation larger. This results in back problems and a "mummy tummy" after delivery. Engaging the innermost ab muscle (the transverse) can help prevent both problems. Try the Tupler Technique, described in my book, *Lose Your Mummy Tummy*.

PREGNANCY & EXERCISE

Julie Tupler, R.N. Certified personal trainer and childbirth educator, president, Maternal Fitness Inc. (maternalfitness.com).



IS "ONCE A C-SECTION, ALWAYS A C-SECTION" STILL THE RULE?

No, a VBAC (vaginal birth after Cesarean) is possible as long as you do not have other conditions such as placenta previa (the placenta covers the cervix); have only one previous C-section scar from a low transverse incision on your uterus; and the baby is head down. In these cases, there is a 0.5 percent risk of uterine rupture at term. (The risk increases to between 4 percent and 8 percent if you had a vertical or inverted-T incision.)

Chosen properly, 60 percent to 80 percent of women can have a successful VBAC. They include women who have given birth vaginally before and those who go into labor spontaneously rather than being induced. Also, there must be an obstetrician, anesthesiologist and operating room available for immediate delivery in case of an emergency.

OBSTETRICS & GYNECOLOGY

Sean S. Daneshmand, M.D. Clinical instructor, maternal-fetal medicine, San Diego Perinatal Center, Sharp Mary Birch Hospital for Women.



BREASTFEEDING

Wendy Haldeman, M.N., R.N., C.I.C., and Corky Harvey, M.S., R.N., C.L.C. Faculty members, UCLA, lactation educator and consultant programs; co-owners, The Pump Station, Santa Monica and Hollywood, Calif.

CHILD DEVELOPMENT

James McKenna, Ph.D. Director, mother/baby sleep laboratory, Notre Dame University, South Bend, Ind.; expert on SIDS and sleeping arrangements.

DERMATOLOGY

Diane S. Berson, M.D., F.A.A.D. Assistant clinical professor of dermatology, New York University School of Medicine and the State University of New York Health Science Center, Brooklyn.

MENTAL HEALTH

Vivien Burt, M.D., Ph.D. Professor emeritus, clinical psychiatry, UCLA School of Medicine.

Gayle Peterson, M.S.S.W., L.C.S.W., Ph.D. Therapist specializing in pregnancy and parenting; author, *Making Healthy Families*.

NUTRITION

Nancy Clark, M.S., R.D. Director of nutrition services, Sports Medicine Brookline, Brookline, Mass.; author, *Nancy Clark's Sports Nutrition Guidebook*.

Miriam Erick, M.S., R.D. High-risk obstetric dietitian, Brigham and Women's Hospital, Boston; author, *Managing Morning Sickness*.

Jodie Shield, M.Ed., R.D. Resource spokeswoman, American Dietetic Association; comple-

mental faculty member, Rush University, Chicago.

OBSTETRICS & GYNECOLOGY

Linda J. Mayberry, Ph.D., R.N. Associate professor, New York Univ. School of Education, division of nursing.

Karen Nordahl, M.D.

Clinical associate instructor, department of family practice, University of British Columbia faculty of medicine; co-founder, Fit to Deliver International.

Sylvia Wood, M.S.N., R.N., C.N.M. Assistant professor, Pacific Lutheran University School of Nursing, Tacoma, Wash.

PEDIATRICS

Jay N. Gordon, M.D., F.A.A.P. Associate professor of pediatrics, UCLA School of Medicine; La Leche League International advisory board member.

William Sears, M.D.

Co-author, *The Pregnancy Book* and *The Successful Child*; in private practice, San Clemente, Calif.

PREGNANCY & EXERCISE

Raul Artal, M.D. Professor and chairman, department of OB-GYN, Saint Louis University School of Medicine; co-author, *Exercise in Pregnancy*.

Michelle F. Mottola, Ph.D.

Associate professor of anatomy and kinesiology and director, Exercise and Pregnancy Laboratory, University of Western Ontario, London, Ont., Canada.

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Got a question? Submit it at fitpregnancy.com/experts or e-mail it to pregnancyqanda@fitpregnancy.com. Responses are not intended to replace advice from your doctor.