

[www.sciencebasedbirth.com](http://www.sciencebasedbirth.com)



**C**onsortium for the **E**vidence-based practice of **O**bstetrics  
~ dedicated to bringing science-based maternity care to all childbearing  
and promoting public debate on our national maternity care policy

E-mail [Donna@citizenshealth.org](mailto:Donna@citizenshealth.org) ~ Donna Russell ~ Phone:1.530.534.9758 ~

**CEO** is composed of organizations and individuals who are working change to our national maternity care policy and reform obstetrical practices for healthy women with normal pregnancies. **CEO Goals are to:**

- Educate the public about the problems caused by using a medically-interventive, obstetrical model on healthy women
- Establish the science-based or 'physiological' model of childbirth as the universal standard for healthy populations
- Protect the ethical and constitutional rights of competent adult women to have control over the manner and circumstances of pregnancy and normal birth.

Physiological management provides the safest and most cost-effective form of maternity care. Its principles are "*in accord with, or characteristic of, the normal functioning of a living organism*". A science-based policy would integrate the principles of physiological management with the best advances in obstetrical medicine to **create a single, evidence-based standard for all healthy women used by all maternity care providers** -- family practice physicians, obstetricians, and professional midwives -- and would these principles apply in all settings (hospital, independent birth center & home.

**CEO** is dedicated to ensuring that women receive complete disclosure on both physiological management and medical intervention modalities of obstetrics, including all of the negative and positive aspects of each and protecting the woman's right to choose which approach, or combination of approaches, she thinks is most appropriate for herself and her baby. Each intervention would have its own full disclosure to ensure truly informed consent.

**CEO** wants everyone to understand that normal childbirth does not require any medical interventions, such as IV's, hormones to artificially magnify the contractions, constant electronic fetal monitoring or confinement to a bed. Providing a professionally supervised, individualized birth in the environment of the mother's choice is safer and healthier for both mother and baby, is family centered and is less expensive than the current medical intervention standard of practice. This should greatly reduce insurance and tax costs related to childbirth.

**To join the CEO simply sign up today, send an e-mail or phone. There are no dues**

**I, \_\_\_\_\_, support the mission and goals of CEO.**  
(PLEASE PRINT CLEARLY.)

Consumer / Parent \_\_\_ Professional: MD DO DC NP PA CNM LM RN other \_\_\_\_\_

Organization Name: \_\_\_\_\_

Phone(s): \_\_\_\_\_ E-mail: \_\_\_\_\_

Address \_\_\_\_\_ zip code \_\_\_\_\_

\_\_\_ Yes, send me Alerts & Updates. \_\_\_ Yes, I would like to actively help.

\_\_\_ **Yes, I would like to donate \$ \_\_\_\_\_.00 monthly to help cover the costs.**

My Credit card # \_\_\_\_\_ Exp. Date \_\_\_/\_\_\_ AMEX M/C VISA

SIGNATURE: \_\_\_\_\_

## **Action Plan**

### **Mothers' Day letters to Maria Shriver**

a thousand letters in a hundred days !

Maria Shriver -- Office of the First Lady,  
State Capital Building, Sacramento, CA 95814

Remember -- A 1000 letters in a hundred days  
is **only TEN letters per day!**

Email a copy of your letter to [Donna@citizenshealth.org](mailto:Donna@citizenshealth.org) to be posted on the CEO website ([www.ScienceBasedBirth.com](http://www.ScienceBasedBirth.com)) for all to read