

FOR IMMEDIATE RELEASE

**Local filmmaker and childbirth advocate fulfills life long dream when she makes a documentary film about birth.**

February 15, 2009 Waltham. Kathryn Mora, screens her documentary film, *BIRTH*, at the Center For Digital Imaging Arts at Boston University in Waltham on March 19, 2009 at 7 p.m. located at 274 Moody Street, Studio C, Waltham, MA 02453.

Through the years, Mora has worked as a childbirth educator, a writer, and recently a documentary filmmaker to educate women that childbirth is a natural event. However, in the United States today, childbirth is a big business for profit filled with unnecessary medical intervention, high-tech machines and drugs, at the expense of mothers and their babies.

The documentary *BIRTH*, explores the benefits of natural childbirth and also the dangers mothers and babies are submitted to in today's high-tech and drug-filled maternity care environment. In the documentary, mothers who gave birth with drugs and other medical interventions, and subsequently birthed their babies naturally share their experiences. In addition, childbirth experts give valuable information and enlightening insights about birth.

Physician, Marsden Wagner, an advocate of natural childbirth, is also a scientist and the former Director of Women's and Children's Health at the World Health Organization. In his 2006 book, *Born In The USA: How A Broken Maternity System Must Be Fixed To Put Women And Children First* he states that much of the content of his book will come as a shock to women and families in America.

According to the *Giving Birth Naturally* website each year the United States spends over \$50 billion dollars on childbirth, more than any other nation in the world. However, the U.S. has the 40<sup>th</sup> highest infant mortality rate in the entire world and the 14th highest maternal mortality rate among developed nations. They also report that today, 1 in 5 births are induced. In 2002 forty-four percent of women surveyed reported that their doctor wanted to induce them and only 16 percent reported medically indicated reasons. The site also reports that women who elect to have epidurals are four times as likely to have a cesarean—major abdominal surgery. In 2006, 31.5 percent of women in the U.S. were delivered by cesarean section—

almost 1 in 3 babies and the World Health Organization recommends a c-section rate of less than 10-15 percent as acceptable.

The documentary educates and empowers women to give birth naturally. They learn that it is safer for mothers and their babies and that their bodies are designed to give birth without the medical intervention, drugs and high-tech.

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