



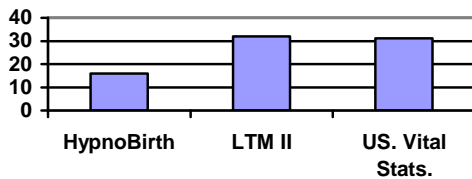
HypnoBirthing® Outcomes United States, 2005-2009

Between October 2005 and January 2009, the HypnoBirthing Institute received 1227 Parents' Birth Reports from United States.

For comparison, HypnoBirthing® data are compared to Listening to Mothers II Report of the First National U.S. Survey of Women's Childbearing Experiences. New York: Maternity Center Association, October 2006. www.maternitywise.org/listeningtomothers/ (hereafter abbreviated as LTM II.) Limited comparison data are also available from "Births: Preliminary Data for 2006," by Brady E. Hamilton, Ph.D.; Joyce A. Martin, M.P.H.; and Stephanie J. Ventura, M.A., Division of Vital Statistics. National Vital Statistics Reports, Volume 56, Number 7 December 5, 2007.

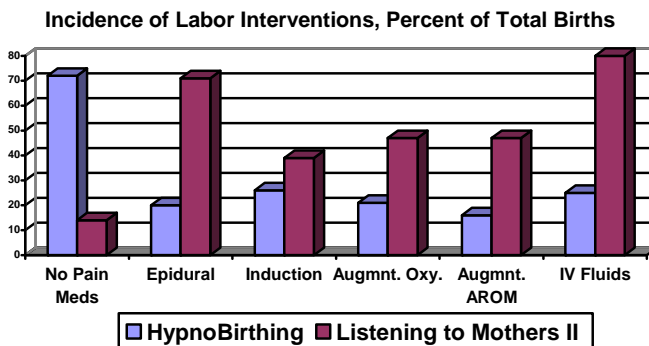
HypnoBirthing® mothers experienced surgical birth (Cesarean section) at a much lower rate than that reported by LTM II or the U.S Division of Vital Statistics

Incidence of Surgical Birth



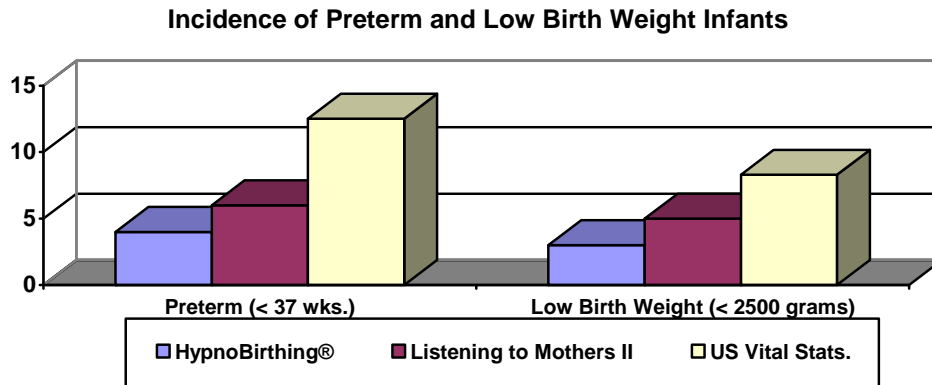
16% of US HypnoBirthing® (HB) mothers birthed via Cesarean section, compared to 32% of the mothers in LTM II. The US Division of Vital Statistics reported the Cesarean rate for all births in 2006 was 31.1%. Data does not differentiate between primary and repeat Cesareans.

Labor interventions: HypnoBirthing® mothers used far fewer interventions during their labors than other mothers.



- ⊗ "Induction" refers to the induction of labor via medications or artificial rupture of membranes
- ⊗ "Augmnt. Oxy." refers to augmentation of labor with oxytocin
- ⊗ "Augmnt. AROM refers to augmentation of labor via artificial rupture of membranes

Preterm and Low Birth Weight Infants: HypnoBirthing mothers reported a lower incidence of preterm births and low birth weight infants than that reported by LTM II and the U.S. Division of Vital Statistics.



Choice of Care Provider: While HypnoBirthing® mothers chose obstetricians and certified nurse midwives equally, 79% of the respondents to LTM II were attended by obstetricians.

Birth Place: LTM II reported less than one percent of births took place at home or in a free-standing birth center. Thirteen percent of HypnoBirthing® mothers birthed at home and 7% chose a free-standing birth center.

Satisfaction: Nearly all HypnoBirthing® mothers were satisfied or highly satisfied with HypnoBirthing®.

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