

Show Notes

Episode 116

On today's episode, Alli shares her story of the traumatic birth of her second daughter.

Trigger warnings include talk of pre-eclampsia, separation of mother and baby, severe postpartum hemorrhage, and emergency abdominal hysterectomy.



Definitions of Terms

- **Pre-eclampsia** - persistent high blood pressure that develops during pregnancy or the postpartum period and is often associated with high levels of protein in the urine **OR** the new development of decreased blood platelets, trouble with the kidneys or liver, fluid in the lungs, or signs of brain trouble such as seizures and/or visual disturbances (from www.preeclampsia.org).
- **Uterine Didelphys** (or double uterus) - a rare congenital abnormality that results from the failure of the Mullerian ducts as a fetus. A double uterus may have one opening (cervix) into one vagina, or each uterine cavity may have a cervix. In many cases, a thin wall of tissue runs down the length of the vagina, dividing it into two separate openings. For more information, visit the [Mayo Clinic's](http://www.mayoclinic.org) website.
- **Bakri Balloon** - an inflatable device placed into the uterus after delivery with the purpose of eliminating hemorrhage (from www.medscape.com)
- **Disseminated intravascular coagulation (DIC)** - In some cases, the clotting components of the blood cause blood flow to be restricted to organs. In other cases, the clotting factor is consumed and serious bleeding occurs.

Experiencing a traumatic birth is life-altering for many families. For more resources about healing from traumatic birth, please visit our website's [Resources](#) page.

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