

Unpacking Ultrasound

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Saturday, 01 June 2019 00:00 - Last Updated Wednesday, 13 November 2019 14:38

Ultrasound is one of the most ubiquitous aspects of modern prenatal care. But is it safe? And is it really useful? Ultrasound exemplifies so much about obstetric culture and birth culture, and its use reveals so much about how we see birth and the values we express in how we do birth as a society.

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Over the past 18 years of researching ultrasound, I've learned that although ultrasound is billed as an amazing technology that assures us that our infants are safe and healthy, and supposedly prevents many issues, it's actually far less helpful than we're led to believe. Ultrasound carries risk – enough risk that I have chosen to never expose my babies to ultrasound technology, including the doppler.

