

FOR IMMEDIATE RELEASE

CONTACT: Rachel Franklin, MD

ATTN: Courtney Fischer, Publicist

Email: Courtney.fischer@stmartins.com

Dr.Rachel.Franklin@cox.net

WINNING THE “WHO HAD THE WORST PREGNANCY?” CONTEST

(Oklahoma City, OK) Dr. Rachel Franklin has a warning for all first-time mothers: an ancient horror has resurfaced - with a new name. Similar to the time-honored tradition of hazing and closely related to “My Kid’s More Successful than Your Kid” and “My Life is Busier than Your Life,” the “Who Had the Worst Pregnancy” contest is tearing like wildfire through baby showers everywhere – and the terrorizing of expectant mothers is the primary objective.

The rules are simple:

- 1) The game starts when the new mother is asked, “When are you due?”
- 2) Contestant number one begins benignly enough with the tale of her 48-hour long “natural” delivery.
- 3) Contestants take turns recounting increasingly horrific stories until the winner produces the C-section scar that hasn’t healed in forty years.
- 4) The new mother excuses herself to have a nervous breakdown in the bathroom. She will later consider beating her partner for getting her pregnant in the first place.
- 5) All contestants smile smugly to themselves. The winner is the one whose story pushed the poor girl over the edge. Contestant number one gets points for starting the whole mess. Everyone but the guest of honor gets to eat.

Dr. Franklin wants pregnant women everywhere to know they can put an end to this horror. There is a secret trump card – the strategy that ends the game with a single comment - all one must do is be able to say she’s having twins! In her new book, **EXPECTING TWINS, TRIPLETS AND MORE: A DOCTOR’S GUIDE TO A HEALTHY AND HAPPY MULTIPLE PREGNANCY** (St. Martin’s Press, April 2005), Dr. Franklin (herself the mother of twins) discusses the anatomy of the “Who Had the

Worst Pregnancy” contest and the how to beat it by having twins, triplets, or more babies. The contest evaporates as the new discussion; “How Do You Do It?” begins.

But beware of the game digressing into the “Poor Thing, Your Life Is Over” contest, the version reserved for those who have already delivered.

After discovering she was pregnant with twins, Dr. Franklin became aware of how much she had needed to laugh with a friend who had been where she was. With this new book, intended to be the “Girlfriend’s Guide to Pregnancy” for women expecting multiples, she will help other women survive and find humor in this most special of pregnancies.

EXPECTING TWINS, TRIPLETS AND MORE is scheduled for release in paperback this spring, and is available now for pre-orders at a discount through Dr. Franklin’s website, www.AskDrRachel.com.

###

EXPECTING TWINS, TRIPLETS AND MORE: A DOCTOR’S GUIDE TO A
HEALTHY AND HAPPY MULTIPLE PREGNANCY

St. Martin’s Press, release date April 2005

Paperback, 280 pages

ISBN: 978-0-312-32823-0

www.AskDrRachel.com

Publicist: Courtney Fischer (Courtney.Fischer@stmartins.com)