



# **Preemie Voices - Young men and women born very prematurely describe their lives, challenges and achievements**

*Saroj Saigal*

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The birth of a very premature baby is a shock for parents. The immediate anxiety about whether their infant will survive quickly leads to concerns about their child's future quality of life. In this inspiring and informative book, young people who were born weighing less than two pounds, three ounces provide candid and personal stories about their lives, challenges and accomplishments. Now in their thirties, these men and women were cared for at McMaster University Hospital in Hamilton, Ontario, soon after the introduction of newborn intensive care. Dr. Saroj Saigal, a renowned and award-winning neonatologist at McMaster, adds several chapters that outline the history of neonatology, describes recent medical and technological innovations, and explains how many extremely premature babies go on to enjoy fulfilling lives. Her chapters give the answer of a caring specialist to the inevitable question, "What next?" Written for a lay audience, Preemie Voices will move you to tears of admiration and amazement at the remarkable resilience of these tiny survivors. This unique collection of stories will not only provide encouragement and hope for parents who have given birth to a tiny preemie, but will inspire others who will be in awe at the achievements of these infants - both with and without disabilities - who were born too early. Watch the video documentary of a few participants from Preemie Voices at [www.saigalpreemievoices.com](http://www.saigalpreemievoices.com)

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