



I lost 36lbs in 10 weeks by obeying this 1 rule.



Learn How I Did It. [Read My Story >>](#)

HOME DELIVERY

ADVERTISE WITH US



CHICAGO WEATHER

TRAFFIC/COMMUTE

BREAKING NEWS

LOCAL NEWS

NATION/WORLD

SPORTS

BUSINESS

POLITICS/ELECTIONS

REPORTS & DATA

DEATHS

OPINIONS

COLUMNISTS

BLOGS

ENTERTAINMENT

TRAVEL

LIVING

LIGHTER SIDE

VIDEO/PHOTOS

SHOPPING

CARS

JOBS

REAL ESTATE

APARTMENTS

MORE CLASSIFIEDS

TV LISTINGS

MOVIE TIMES

NEWSLETTER/ALERTS

NEWS TOOLS

CONTACT US

ABOUT US

Elective C-sections: Making an informed choice

The right to choose your birthing procedure

By Linda A. Firestone, Ph.D. | SouthFlorida.com

There's no doubt times have changed. Women today have many more options when it comes to birthing methods than women did 100 years ago. But is the advancement of technology in medical procedures a good enough reason to elect to have a C-section versus a vaginal birth?

In the journal Bioethics, several academics looked at the issue of women's autonomy as it relates to elective C-sections. The authors concluded, "The right question is not whether women ought to be allowed to choose their delivery approach but, rather, taking the value of women's autonomy in decision-making around birth as a given, what sorts of guidelines, practices and social conditions will best promote and protect women's full inclusion in a safe and positive birth process."

Philosophical and ethical arguments surrounding a woman's right to choose how she births her child can be made on both sides of the issue.

Ads by Google

After C Section Care
Soft Cotton Wrap Reduces Pain Massage for Flat Scar/Tummy
CSectionRecoveryKit.com

FL Birth Injury Attorney
Aggressive Birth Malpractice Lawyer Free No Obligation Consultation!
www.hannonboyers.com

Birth Complications?
Could Birth Complications Have Been Avoided With Proper Doctor Care.
www.Birth-Hypoxia.com

Hollywood Birth Center
Providing Complete Pregnancy Care Water Birth, Home Births, Midwives
www.HollywoodBirthCenter.com

Child Birth Video
Hunting For child birth? Experts, Information and Value.
keymanengravables.com

Ads by Google

Tallahassee OB/GYN Exams
Looking for a local OB/GYN office? Call us today for an appointment
davenportobgyn.com

Treating Adhesions
Dr. Andrew Cook is an expert in diagnosing & treating adhesions
www.VitalHealth.com/Adhesions

Pain & Your Health
Find Causes, Symptoms, Treatments & Facts on Chronic Pain Risks
Health.com

The American College of Obstetrics and Gynecology formally supports a woman's right to choose a birth procedure.

Many women, because of work and other family obligations, do not have the luxury of waiting to go into spontaneous labor. They diligently clear their schedules so that they may have a few weeks of maternity leave. Family members may be flying in from out of town or going overseas with the military, and women may want these loved ones to be part of the birth. Some reasons for the increase in the number of C-sections include more mothers 35 and older giving birth, obesity and

Google

After C Section Advice Soft Cotton Wrap Support Incision Massage Guide for Flat Tummy CSection

Chicago Childbirth Looking for a local OB/GYN office? Reproductive health treatment we make rockford.

Birth Injury Lawyer Do You Have A Case? Free Legal Evaluation Personal Injury-Group.co

Birth Complications Could Birth Complications Have Been Avoided With Proper Doctor Care. www.Birth-Hypoxia.com

Hollywood Birth Center Quality Prenatal Care Home and Birth Center Options www.Ho

Ads by Google

SuperJeweler® Really nice jewelry Really low prices
* DISCOUNT PRICES * HUGE SELECTION * AWESOME SERVICE * FREE SHIPPING *
Shop now >>

HMM, IT'S BETTER SAFE THAN SORRY
LET'S TRADE
thinkorswim® Member FINRA | SIPC | NFA
TRY IT NOW

Popular stories

- MOST VIEWED MOST E-MAILED HOT TOPICS
- 1. A surprising drounana over the use of 'meh'
- 2. Coast Guard: Boat belongs to missing NFL players
- 3. A side of Cancun not seen during spring break
- 4. Jake Peavy remains interested in joining Cubs
- 5. Paul Harvey: An appraisal of his career by the Tribune's Phil Rosenthal
- more most viewed

Go to Cars.com and be a more confident car shopper.

Health.com

Birthing Balls

Ease Labor Pains By Using Birthing Balls! Visit Our Online Store Now.
DoulaShop.com/BirthingBalls

Water birth seattle

BabyMoon specializes in women care Seattle Area Home & Water births.
lakeside-birthcenter.com

Ads by Google

Bethany Women's Health

Phoenix obstetrics/gynecology Call today for more information
Bethanywomenshealthcare.com

Pregnancy Counseling

Chicago obstetrics/gynecology Medical Treatment & Counseling
southsidepregnancy.net

Tallahassee OB/GYN Exams

Looking for a local OB/GYN office? Call us today for an appointment
davenportobgyn.com

Baby Catcher T-shirts

T-shirts promoting homebirth, midwifery, doulas, and more!
www.AdvocacyGear.com

Female Prolapse Worries?

Kegels Help -- If We Do Them Right. Registered Nurse Shares Her Secrets
www.KegelQueen.com/

[Disease Control](#)'s National Center for Health Statistics reported that U.S. C-sections had reached an all-time high of 31 percent in 2006 -- a 50 percent increase over the previous 10 years. [Florida](#) Health News reported that three out of 100 Florida births were elective C-sections between 2001 and 2003 (the highest in the country that year.)

What's at Stake? Risk to the Mother

Although there are risks associated with a vaginal delivery, including infection, prolapsed bladder, uterus or rectum, and urinary incontinence, having a C-section does not necessarily minimize the risks associated with natural delivery. Sometimes the risks of additional complications are increased both for the mother and newborn. Dr. Tara Solomon, an obstetrician and gynecologist practicing in [Broward County](#), will do elective C-sections, but she insists that the patient understand all the possible consequences, desire no more than two children and be at least in her 39th week of pregnancy. Solomon said the risks from a C-section are bleeding, damage to the bladder, the bowel, uterus and rectum, and the possibility of urinary incontinence. There is also the increased possibility of placenta previa, a condition in which the placenta is below the baby in future pregnancies, or of placenta abruption in which the placenta separates before the baby is born, cutting off the flow of oxygen to the fetus. Scarring can create serious problems for future births, as well. There is also new evidence that suggests women who deliver by C-section are at greater risk for stroke than those who deliver vaginally.

Today there are hardly any vaginal births after C-sections performed, as the ACOG has issued guidelines that require a doctor and a surgical team to be present in the hospital while a patient labors in an attempt to have a VBAC. "If you are in private practice, and you have patients in the office waiting, as well other patients laboring, it is impossible to close up the office and attempt a VBAC," said Dr. Michael Fleischer, an OBGYN in Boca Raton. "You can't run a practice and not be in the office."

VBACs carry the risk of hemorrhaging, risking the lives of both mother and baby. The fear of a lawsuit can push a doctor to perform a C-section. According to a study published in the American Journal of Obstetrics and Gynecology, 80 percent to 90 percent of obstetricians have experienced complaints and lawsuits.

multiple births. "Women getting elective C-sections are usually over 35, more affluent and planning only one child," said Dr. Samantha J Collier, of [Health Grades](#), a company that studies health care. Many women, motivated by fear of pain associated with natural labor and the potential risks associated with a vaginal birth seek to go under the knife. But make no mistake; a C-section is a serious surgical procedure with consequences for both the mother and child. And unfortunately, many of these surgical deliveries are done without any medical necessity.

The [Centers for](#)

After C Section Care Soft Cotton Wrap Reduce Pain Massage for Flat Scar/Tu CSection

FL Birth Injury Attorney Aggressive Birth Malpractice Lawyer Free No Obligati Consulti www.har

Birth Complic Could Birth Complic Have Been Avoided With Proper Doctor Care. www.Birt Hypoxia

Hollywo Birth Center Providing Complete Pregna Care Water Birth, Home Births, Midwife www.Ho

Child Birth Video Hunting For child birth? Experts Informat and Value. keymane

Ads by Google

After C Section Care Soft Cotton Wrap Reduce Pain Massage for Flat Scar/Tu CSection



CHICAGO'S BEST BLOGS
The buzz on our favorite blogs:
Why is this garden called Dancing Stones?



Social Service
Director
SKILLED NURSING FACILITY

Internal Medicine
Physician
RURAL HEALTH CARE TEAM

Service Advisors
BREDEMANN TOYOTA OF PARK RIDGE

Purchasing Agent
Waukegan Public Schools

[View all Top Jobs](#)

Search Chicago jobs

[All Chicago jobs](#)
[Post resume](#)
[Post a job](#)

powered by
careerbuilder

Fleischer said it is unusual to do a vaginal breech birth these days because of lawsuits. Most doctors will not even wait for the baby to turn and will move to a C-section.

"You could perform a perfect breech, and if anything then goes wrong, with lawsuits, it is easy to lose," Fleischer said. "Everyone thinks there is a problem with a breech birth and that it shouldn't even be tried."

What's at Stake: Risks to the Newborn

A new study in the Journal of Pediatrics on childhood asthma and C-sections found that of the 1,756,700 single births examined from birth up to 18 years of age, "Children delivered by C-section had a 52 percent increased risk of asthma compared with spontaneously vaginally delivered children."

Studies have also shown that babies born through C-section were more at risk for respiratory distress than those delivered vaginally. Other studies found that the risk of death for newborns was greater than those delivered by vaginal birth.

Choice comes with responsibility. Educating oneself about the pros and cons of an elective C-section is crucial. Making an informed decision is your right and should be supported by your obstetrician.

Have an Amazing Birth
Enjoy the peace & security of a doula by your side for your birth
[www.am](#)

Baby Nurse
We Provide Child Care Services And Newborn Baby Nurses. Call Today!
Nannies

Doctor Simon Tsinker MD
Specialist in Twin Deliveries OB-GYN Serving Broward County
[www.Bro](#)

Birth Complications
Could Birth Complications Have Been Avoided With Proper Doctor Care.
[www.BirthHypoxia](#)

March 10, 2009

Study ranks Illinois among worst for personal freedoms March 10, 2009

Bulls efforts crushed by Wade's heroics March 10, 2009

Repealing free rides for seniors could be tough March 2, 2009

Antti up! Rookie nets first win March 2, 2009

Schilling's old, broken down and ... an option! March 1, 2009

[More from chicagosbestblogs.com...](#)

Stocks

Find Stock Quotes

Symbol or Name

Finance Tools

• Sign up for **BizWrap**, your free daily business news briefing

• [Chicago's Top 100](#)



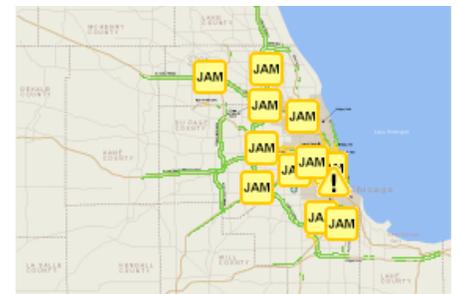
Chicago Tribune on Digg

[Upcoming](#) | [Popular](#)

- 126 Party on! A History of Spring Break in Photos
- 84 Highway robbery? Texas police seize black motorists' cash
- 62 FedEx offering free résumé printing Tuesday, March 9
- 77 Flu drug is no longer working
- 73 Survivor is former USF player, Coast Guard says
- 60 Coen brothers' TV ad ridicules 'clean coal'

See more of [chicagotribune.com](#) on [digg](#)

Chicago traffic



Be the first to rate this [?]

Recommended for you:

- [Va.'s rise in C-sections mirrors that of nation](#) (@chicagotribune.com)
- [Complications of childbirth increase; researchers blame Cesarean sections](#) (@chicagotribune.com - Living)
- [Caesarean sections, birth complications rise](#) (@chicagotribune.com - Local news)

[2 more recommended posts >>](#)

Be the first to rate this [?]

Recommended for you:

- [Va.'s rise in C-sections mirrors that of nation](#) (@chicagotribune.com)
- [Caesarean sections, birth complications rise](#) (@chicagotribune.com - Local news)
- [Complications of childbirth increase; researchers blame Cesarean sections](#) (@chicagotribune.com - Living)

PICK & WIN \$100,000 HOOPLA

FIND ALL THE BEST PLACES FOR GREEN FLAVORED FUN

metromix [click here](#)

metromix [click here](#)

[2 more recommended posts »](#)

Related topic galleries: [Medicines](#), [Health Grades Incorporated](#), [Heartburn](#), [Obstetrics and Gynecology](#), [Newspaper and Magazine](#), [Reproduction](#), [U.S. Centers for Disease Control and Prevention](#)

[All topics](#)

Get the Tribune delivered at home and save 25% off the newsstand price.

The lighter side



Seeing stars: Brady, Bundchen

Photos: [Famous bears](#) | [Celeb mug shots](#)

HeadCandy: Jokes, videos and more

Fun: [Play games](#) | [News quiz](#) | [Offbeat](#) | [Lottery](#)

Name

Comments

Type the numbers you see in the image on the right:



Post Comment

Please note by clicking on "Post Comment" you acknowledge that you have read the [Terms of Service](#) and the comment you are posting is in compliance with such terms. **Be polite.** Inappropriate posts may be removed by the moderator. [Send us your feedback](#).

Name

Comments

Type the numbers you see in the image on the right:



Post Comment

Please note by clicking on "Post Comment" you acknowledge that you have read the [Terms of Service](#) and the comment you are posting is in compliance with such terms. **Be polite.** Inappropriate posts may be removed by the moderator. [Send us your feedback](#).

Name

Comments

Type the numbers you see in the image on the right:

Please note by clicking on "Post Comment" you acknowledge that you have read the [Terms of Service](#) and the comment you are posting is in compliance with such terms. **Be polite.** Inappropriate posts may be removed by the moderator. [Send us your feedback](#).

[Related News from the Web](#) Powered by Topix.net

PARTNERS: | [Triblocal](#) | [metromix.com](#) | [ChicagoLive](#) | [Chicago Magazine](#) | [ViveloHoy Chicago](#) | [RedEye](#) | [CLTV](#) | [WGN-TV](#) | [WGN-AM](#) | [Zap2it](#)
[amNY](#) | [Baltimore Sun](#) | [Daily Press](#) | [Hartford Courant](#) | [LA Times](#) | [Newsday](#) | [Orlando Sentinel](#) | [Sun-Sentinel](#) | [The Morning Call](#) | [The Virginia Gazette](#)
[Jobs](#) | [Autos](#) | [Homes](#) | [Apartments](#) | [Grocery Coupons](#) | [FSBO](#) | [Open Houses](#) | [Houses for Rent](#) | [Home Auctions](#)

SITE POLICIES: | [Terms of service](#) | [Privacy](#)